

SAFE HAVEN

A calm and welcoming environment for anyone seeking emotional support and advice.

We are here to help.

The **Isle of Wight Community Safe Haven** is a drop-in destination for anyone approaching a mental health crisis. We provide a welcoming, supportive environment for you to come and talk through any problems you are experiencing.

Visit, call, or email.
No referral required.

Mon to Fri 5pm - 10pm
Sat & Sun 10am - 10pm

0330 008 3888

IoWSafeHaven@RichmondFellowship.org.uk

Quay House
(next to Riverside Centre)
The Quay, Newport
Isle of Wight, PO30 2QR



Richmond Fellowship is a national mental health charity making recovery reality for thousands of people every year. We provide a wide range of services including residential support, supported housing, employment services, community support and crisis support. Visit: richmondfellowship.org.uk more about the services we offer.

**RICHMOND
FELLOWSHIP** 
MAKING RECOVERY REALITY