



# Safe Space

Are you or someone you know, needing support with your mental health?

Scan this code using the camera on your phone for more information.



Safe Space is a local hub for adults who may be nearing crisis. We are here to listen, help and support. We offer face to face, telephone and video-conference support.

You can drop in and visit us, call us or email us between 6pm-11pm:

**Hounslow:** Southville Community Centre, Southville Road, TW14 8AP, 0207 471 0584, [safespacehounslow@hfehmind.org.uk](mailto:safespacehounslow@hfehmind.org.uk)

**Ealing:** The Lido Centre, 63 Mattock Lane, W13 9LA, 0207 471 0583, [safespaceealing@hfehmind.org.uk](mailto:safespaceealing@hfehmind.org.uk)

**Hammersmith and Fulham:** 309 Lillie Road, SW6 7LL, 0207 471 0582, [safespacehf@hfehmind.org.uk](mailto:safespacehf@hfehmind.org.uk)

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