

For further support please visit our website
www.hfehmind.org.uk or visit our TV Channel
for helpful resources at:
My-Mind.TV

Scan the QR Code below using your camera on
your phone. This will take you directly there



We value your feedback

Your feedback is important to us as it helps
improve our services. If you have any suggestions,
recommendations, questions, complaints or
compliments please contact us on
dutyadultservices@hfehmind.org.uk
0208 571 7454



Safe Space
A Crisis Alternative



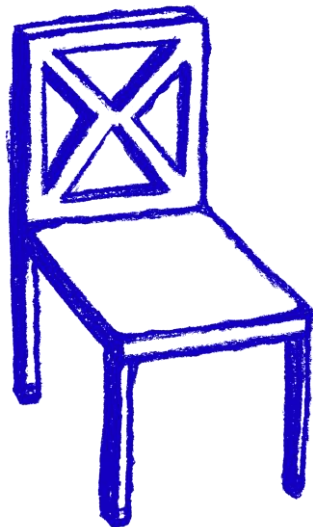
A safe space for emotional support and a listening ear!

The Safe Space is a local hub for anyone who feels they are nearing crisis point, including carers.

You will be greeted by our friendly staff who will always be there to listen to you and help you get the support you need.

We will give you some support and strategies to cope through our planned activities. We will signpost you if you need further support.

This service is delivered on behalf of West London NHS Trust.



How can I access support?

You can drop into our Safe Space during: 6pm-8pm.

Or you can make an appointment to see us between 8pm -11pm. We also offer telephone support or video conferencing support (through Zoom or Microsoft Teams).

You can obtain a referral form from www.hfehmind.org.uk, visit us, call us or email us using the details below.

Hounslow

Southville Community Centre
Southville Road, Feltham TW14 8AP
safespacehounslow@hfehmind.org.uk
Tel: 0207 471 0584

Ealing

Lido Centre
63 Mattock Lane, London W13 9LA
safespaceealing@hfehmind.org.uk
Tel: 0207 471 0583

Hammersmith & Fulham

Hammersmith, Fulham, Ealing & Hounslow Mind
309 Lillie Road, London SW6 7LL
safespacehf@hfehmind.org.uk
Tel: 0207 471 0582