

Struggling to cope? Safe Haven is here for you.

At Bucks Safe Haven we are continuing to offer listening support, signposting and safety planning to anyone aged 18 years and over in Buckinghamshire struggling to cope or in mental health crisis.

Anyone in need of support can call and request a 45 minute face-to-face appointment, or a 30-minute telephone or video call appointment.

Safe Haven is here for you seven evenings a week,
6.00pm – 12.00 midnight.

To contact us Sun-Weds in Aylesbury call: 01295 453017.

To contact us Thurs-Sat in Wycombe call: 01494 218098.