

Are you feeling distressed, frightened, overwhelmed, or that things are too much for you?

Don't know where to turn to get mental health support?

Are your usual sources of support closed for the night?

The Haven @ 30 Clarence Street

offers out of hours mental health support to anyone aged 16 or over in York and Selby.

Find us at 30 Clarence Street, York, YO31 7DE.

(Opposite the Union Terrace Coach Park, next to York St. John University.)

Open 6pm-11pm every day (including weekends and bank holidays).

No appointment or referral needed. Carers and family welcome.



The Haven @ 30 Clarence Street offers a welcoming, safe, comfortable, non-judgmental and non-clinical environment. The emphasis is on reducing immediate distress, and supporting visitors to access services and opportunities available to them in the wider community.

You can come just for a cup of tea and a chat, or you can access one-to-one emotional support from trained mental health professionals. We also offer help in creating staying well and crisis plans, and support visitors to access other services and organisations that may be useful to them. Users of The Haven have access to a 24-hour telephone emotional support line staffed by trained counsellors.

To contact the Haven call:

07483 141 310

or email us at

haven.mhm@nhs.net

(Calls monitored 6-11pm, emails monitored daily)

mhm

This service is delivered by Mental Health Matters on behalf of Tees, Esk and Wear Valley NHS Foundation Trust.

NHS

Tees, Esk and Wear Valleys
NHS Foundation Trust



NHS

Vale of York
Clinical Commissioning Group



mhm.org.uk



haven.mhm@nhs.net



@MHM_Info