

# In a Mental Health Crisis?

## Then come to the Oxford Safe Haven

### Do you need...

- Guidance
- Signposting
- Safety planning
- Listening support

### Opening hours

Friday, Saturday  
& Sunday  
6pm to 12.30am



If you are in crisis please call us first so we can hold a space for you:

**01865 903 037 - 07710 092 849**

**[oxonsafehaven@oxfordhealth.nhs.uk](mailto:oxonsafehaven@oxfordhealth.nhs.uk)**

**Manzil Resource Centre Entrance 2, Manzil Way, Oxford, OX4 1XE**

**WE ARE BETTER**

**TOGETHER**

The Oxfordshire Mental Health Partnership

