

Mental Health Matters launch new mental health crisis service for adults in East Berkshire

Thursday 26 May, 2022

26 May 2022, East Berkshire – Mental Health Matters have successfully launched a new out-of-hours mental health crisis service.

The East Berkshire Safe Haven provides free, out-of-hours mental health support to residents aged 18 and over, in a safe, comfortable, and non-judgemental environment.

The service, located on Slough High Street, provides support from 5pm until 11pm, Thursday to Sunday, when other services are often closed.

Staffed by a team of highly skilled Recovery Workers, the Safe Haven offers one-to-one emotional support to individuals in mental health crisis, as well as a space for people to access advice, guidance, and information to support their mental health.

There is no need for a referral and individuals can access support face-to-face, over the phone or online via video call.

Jane Hughes, CEO of Mental Health Matters, said: "We are incredibly proud to launch a new service for the East Berkshire community.

Our Haven offers a safe space for anyone feeling distressed, anxious, or overwhelmed, at a time when they may be unable to access other services.

Our staff are here to listen and to provide personalised support."

The service is being commissioned by NHS Frimley Clinical Commissioning Group.

Professor Helen Rostill, Mental Health SRO of Frimley ICS, said: "We know mental health and wellbeing is an important issue, the last couple of years have been difficult for many. It's so important, now more than ever that we offer tailored services to help people stay well and get the support they need."

Notes to Editors:

Mental Health Matters is a third sector organisation providing a wide range of support to people with mental health needs offering a welcoming, safe, comfortable, non-judgmental, and non-clinical environment. Learn more: www.mhm.org.uk

NHS Frimley Clinical Commissioning Group (CCG) is responsible for planning and funding the majority of health services provided to its residents. It covers Bracknell Forest, North East Hampshire and Farnham, the Royal Borough of Windsor and Maidenhead, Slough and Surrey Heath.

The CCG works with other NHS, local authority, private and voluntary sector partners and local people to develop services that meet the needs of its communities. It is a member of the Frimley Health and Care Integrated Care System (ICS).

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Related Keywords:

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