



YOUR SAFE SPACE

**COMMUNITY
DROP-IN
OPEN EVERY
WEEKDAY**

**1:1
APPOINTMENTS
AVAILABLE
DAILY**

Our **SAFE HAVEN** is a free mental health service open to anyone aged 18+ living in Cumbria.

We provide:

- › Mental health and emotional support
- › Positive coping strategies and interventions
- › Drop-in sessions in community settings
- › One-to-one appointments for mental health support
- › Signposting to other support services

For more information please contact us on:

0330 008 3911

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 RF Cumbria Community Havens



**RICHMOND
FELLOWSHIP** 
MAKING RECOVERY REALITY