



Youth Safe Haven

For 11-17 year olds living within Havant, East and South East Hants. Open 5pm to 8pm, Tuesday, Wednesday and 5pm to 7pm Thursday at The Pallant Centre, Havant, PO9 1BE. Just drop in, no appointment needed.

We offer:

- Immediate access to one-to-one targeted support session with a wellbeing practitioner
- Group sessions discussing important wellbeing topics
- Wellbeing activities, arts & crafts and mindfulness
- Meeting other young people and peer support
- A calm and positive safe space
- Alternatively, telephone one-to-one support can be arranged

Email: cypsafehaven@easthantsmind.org

Freephone: 0300 303 1580



Registered with
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EMPLOYER**

PRIDE IN VETERANS
STANDARD
FIGHTING WITH PRIDE

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 **mind**
Havant and
East Hants