

Healthy Minds / Safespace is at

1 King Street

Halifax

HX1 1SR

(opposite Woolshops car park towards Halifax Minster)

Access to Safespace is by
appointment:

Call 01422 345154

Text 07388 990227

For general enquiries email
safespace@healthymindscalderdale.co.uk

SAFESPACE



HERE TO SUPPORT YOU

Out-of-hours weekend support for adults in Calderdale

A place of safety for people experiencing mental distress
or approaching crisis



**Open Friday,
Saturday &
Sunday nights
6pm - midnight**

Access by
appointment:
call or text

**01422 354154
07388 990227**

Safespace is supported by NHS England, Department
of Health and Police & Crime Commissioner's Safer
Communities Fund

www.healthymindscalderdale.co.uk

Healthy Minds is the operating name for Calderdale Wellbeing,
a limited company registered in England & Wales.

Registered Office: 1 King St, Halifax HX1 1SR Company No: 6828871, Charity Reg: 1132316

SAFESPACE

is an out of hours weekend support service for adults in Calderdale. It will provide a place of safety for people experiencing mental distress or who are approaching crisis. Safespace is part of Healthy Minds, a local charity supporting people in Calderdale to have better mental health. Safespace is a 12 month pilot project funded by NHS England. We will provide individual support with a view to reducing factors that may otherwise escalate risks to health and wellbeing.

How it works

We are open on Friday, Saturday & Sunday nights from 6pm till midnight.

Access to the premises is by appointment only.

Contact Safespace

by telephone on 01422 345154

or by text on 07388 990227

Lines open at 6pm and the last appointment time is 11pm.

The team will take some basic details from you and offer one or more options:

1: Face-to-face appointment - you'll be given a time to arrive and a worker will be ready to see you

2: Group support in a friendly, safe & supportive environment

3: Telephone support - if you can't come to the service, a worker will call you back

Upon arrival you will be greeted at the door and a worker will be ready for you to start your appointment. In a one to one appointment you can have up to an hour with a worker to talk through what's happening for you and agree next steps. In the group area you can engage in various different activities and interact with others if you wish. Depending on capacity you may be able to access more than one type of support.

