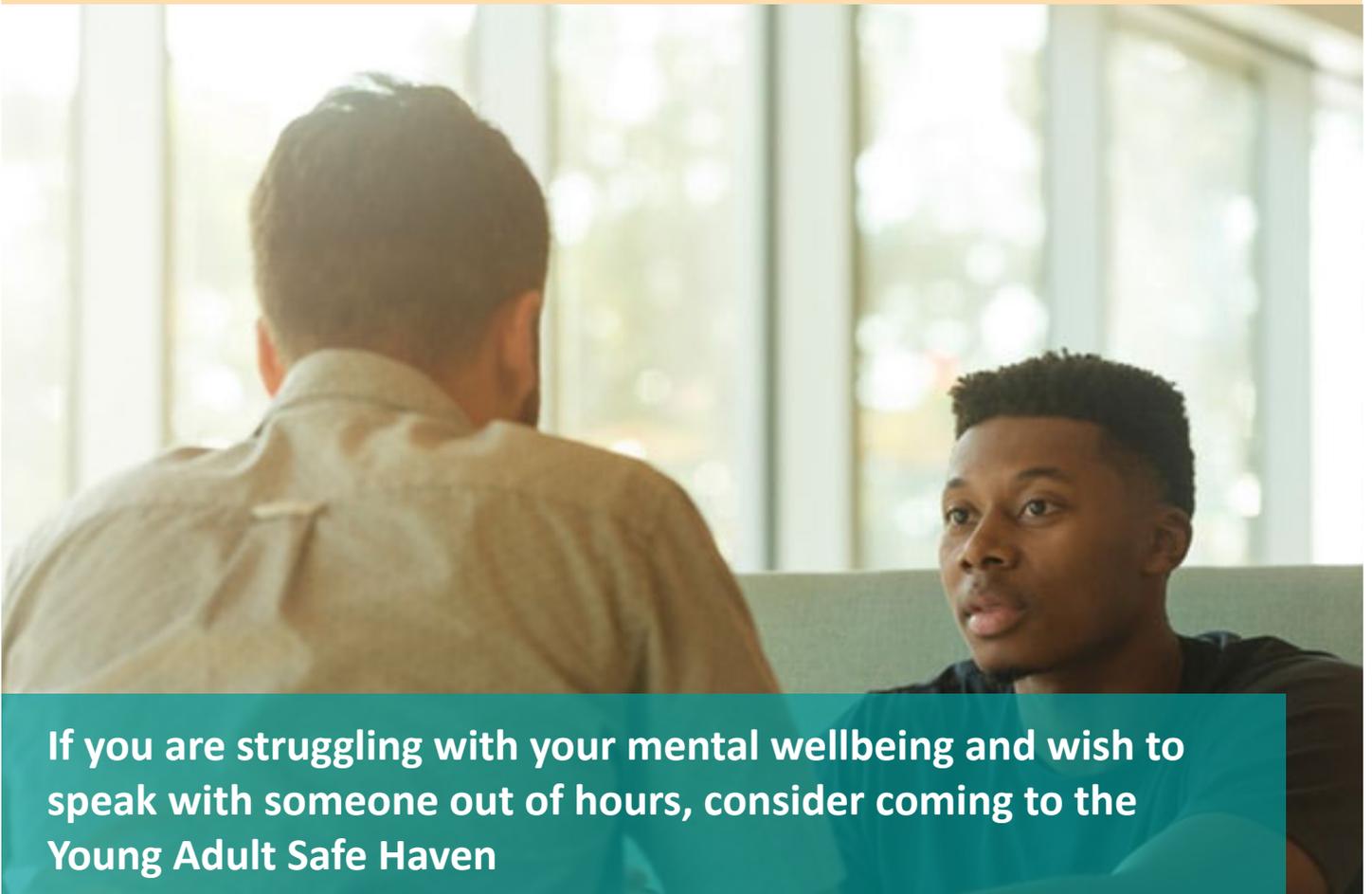




YOUNG ADULT SAFE HAVEN

A new pilot service from 29th November 2021

A safe space for young adults (18-25 year olds) to talk openly and confidentially about feelings and emotions



If you are struggling with your mental wellbeing and wish to speak with someone out of hours, consider coming to the Young Adult Safe Haven

**YOU CAN DROP IN
BETWEEN 5PM - 9PM,
7 DAYS A WEEK.
NO APPOINTMENT
NEEDED**

**ADDRESS:
OAKLEAF
101 WALNUT TREE
CLOSE, GUILDFORD,
SURREY GU1 4UQ**

**SUPPORTING MENTAL
HEALTH FOR YOUNG
ADULTS AGED 18 - 25
IN SURREY**

In partnership with:



To find out more, please visit:



You said.....we did

Catalyst, Oakleaf, University of Surrey and Independent Mental Health Network recently conducted a survey to gain feedback on the existing Safe Haven model. The research highlighted that young adults felt uncomfortable when talking about their feelings and emotions among older adults and peers.

We have listened, secured some funding and are piloting a Young Adult Safe Haven, specifically aimed at 18-25 year olds.

What is the Young Adult Safe Haven?

The Young Adult Safe Haven is a new pilot service, launching in Guildford in November 2021 and will initially run as a 6 month trial with the potential to extend and become a permanent fixture. This new service will offer a safe place for young adults (18-25 year olds) to talk openly and confidentially about their feelings and emotions with peers and young adult support workers.

How is this different to the existing Safe Haven?

This new service is only available for people aged 18-25 and is open from 5pm - 9pm, 7 days a week. These are slightly shorter opening hours than the existing adult Safe Havens across Surrey and NE Hampshire. The mental health support workers can provide emotional and wellbeing support for young adults but will not provide crisis support. If people present in crisis, they will be signposted to the existing Safe Haven next door, where they can be seen by a Surrey and Borders Partnership NHS Foundation Trust mental health practitioner.

Why should I come to the Young Adult Safe Haven?

If you are struggling with your mental wellbeing and would like support, you can come and speak with a mental health support worker out of hours.

How can I access the Young Adult Safe Haven?

You can drop into the Young Adult Safe Haven during our opening times of **5pm - 9pm, 7 days a week - no appointment needed.**

We are located next door to the existing Guildford Safe Haven: **Oakleaf, Walnut Tree Close, Guildford, Surrey GU1 4UQ.** If you come into the Oakleaf car park, you will see our new signage next to the entrance and above the door.

Who is providing this service?

Local charities Catalyst and Oakleaf will be delivering the pilot service which is funded by University of Surrey and Community Foundation for Surrey.

For more information, please visit our websites:

www.catalystsupport.org.uk/young-adult-safe-haven

www.oakleaf-enterprise.org/safe-haven/#young-adult

Follow us on socials



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Funded by



PRESS RELEASE

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YOUNG ADULT SAFE HAVEN

A new pilot service from 29th November 2021

A safe space for young adults (18-25 year olds) to talk openly and confidentially about feelings and emotions

We are delighted to announce that Catalyst and Oakleaf will be working in partnership to deliver a new pilot service in Guildford to support 18-25 year olds with their mental health and wellbeing. The pilot service will begin on Monday 29th November and will run for a minimum of six months. The Young Adult Safe Haven will be open from 5pm – 9pm, 7 days a week, 365 days a year and will be located next door to the existing adult Safe Haven (provided by Surrey and Borders Partnership NHS Foundation Trust, Catalyst and Oakleaf) in Guildford at Oakleaf's premises.

Why are we piloting a Young Adult Safe Haven?

In January 2021, Young Minds conducted its fourth survey with young people into the impact of the pandemic on young people's mental health, showing that many young people found this lockdown even harder to cope with than previous ones.

Asked what the main pressures were during the current lockdown, respondents mostly spoke of loneliness and isolation, concerns about school, college or university work and a breakdown in routine. Many young people also expressed fears about the future.

- 75% of respondents agreed that they found the third lockdown harder to cope with than the previous ones
- 67% believed that the pandemic will have a long-term negative effect on their mental health.

After this research was released, User Voice and Participation Surrey conducted local research to see if a Young Adult Safe Haven would be beneficial to help tackle mental health. The results showed that Young Adults would feel more comfortable in their own space and among peers of a similar age.

We asked young adults in Surrey if they thought a Young Adult Safe Haven would be helpful – here's a few responses:

"As a 22 year old at Surrey University this would be so helpful. I feel we're at a weird age where we do not fit in."

"I would definitely go if it was for younger people!"

Young Adult Safe Haven – what we will offer:

We are expanding our support to cater for young adults aged 18-25 who are facing mental health challenges and are in need of emotional support, particularly those experiencing distress out-of-hours.

Thanks to funding from Community Foundation for Surrey and University of Surrey, the Young Adult Safe Haven will be situated at Oakleaf's Walnut Tree Close premises and **will run from 5-9pm, 7 days a week, 365 days a year**. The team will consist of two new Young Adult Support Workers who will engage with attendees, provide emotional support if needed and signpost as required. Should someone present in crisis, they will be signposted to the existing adult Safe Haven next door in order to be seen by a Surrey and Borders Partnership NHS Foundation Trust mental health practitioner.

How to access the Young Adult Safe Haven?

Similar to the existing Safe Havens across Surrey and NE Hampshire, the Young Adult Safe Haven will operate as a drop-in service and no appointment is needed. This walk-in service will be adjacent to the main adult Safe Haven with a separate entrance. Unlike the existing Safe Havens, the Young Adult Safe Haven does not support people in crisis, although it can signpost a person for help, and it does not offer a virtual service.

Young Adult Safe Haven Address:

101 Walnut Tree Close, Guildford, Surrey GU1 4UQ
Open 5pm – 9pm, 7 days a week, 365 days a year

NOTES TO EDITORS

More information is available on the Catalyst and Oakleaf websites:

www.catalystsupport.org.uk | www.oakleaf-enterprise.org

Twitter: @CATALYSTethos | @_oakleaf

Instagram: @Catalyst_support | @oakleaf_enterprise

YouTube: Catalyst Support | Oakleaf Enterprise

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