



MHM Coventry Safe Haven @ Broad Street Centre

Are you feeling distressed, frightened, overwhelmed,
or that things are too much for you?
Don't know where to turn to get mental health support?
Are your usual sources of support closed?

The MHM Coventry Safe Haven @ Broad Street Centre
offers out of hours mental health support to any
residents of Coventry aged 18 or over, including
healthcare professionals.

Open 6pm-11pm, Monday to Sunday 365 days a year.



The MHM Coventry Safe Havens offer a welcoming, safe, comfortable, non-judgmental and non-clinical environment. The emphasis is on reducing immediate distress, and supporting visitors to access services and opportunities available to them in the wider community.

Visit www.mhm.org.uk for further details of the Haven.

You can come just for a cup of tea and a chat, or you can access one-to-one emotional support from trained mental health professionals. We also offer help in creating staying well and crisis plans, and support visitors to access other services and organisations that may be useful to them. Users of the Haven have access to a 24-hour telephone emotional support line staffed by trained counsellors.

No appointment or referral needed. Carers & family welcome.

Find us at:

Broad Street Centre, Broad Street, Coventry, CV6 5AX

To contact the MHM Coventry Safe Haven call:

07921 876 065

or email us at:

coventryhaven.mhm@nhs.net

Calls and emails are monitored between 6pm-11pm