



Kent Safe Havens

**Are you feeling distressed, anxious,
or that things are too much for you?**

We are open every night, 6pm-11pm

The Havens offer free mental health support to anyone aged over 16, in a safe, comfortable and supportive environment.

We have locations in Canterbury, Maidstone, Medway and Thanet. There's no need to be referred, we're open every night for face-to-face or virtual support.

Due to COVID-19, visitors must wear a face covering and have a temperature check upon arrival. Alternatively, we offer virtual consultations via video call.

Contact us or drop in:

Canterbury:

07876 476703 (6pm-11pm)

Age UK, The Centre,
Castle Row,
CT1 2QY

Maidstone:

07484 061684 (6pm-11pm)

Mid Kent Mind, 23 College
Road,
ME15 6YH

Medway:

07850 901151 (6pm-11pm)

Age UK, Mackenney
Centre, Woodlands Road,
Gillingham,
ME7 2BX

Thanet:

07850 655877 (6pm-11pm)

Holy Trinity Church, St Marys
Avenue, Dane Valley,
Margate,
CT9 3TN