



Safe Haven welcomes and embraces all people from all cultural backgrounds, sexual orientations and gender identities.

Opening hours

Friday 2-9pm

Saturday 2-9pm

Sunday 2-9pm

Cover is "Woolscours" by Owen Lyons
- Wiradjuri Art

**This service is FREE and
CONFIDENTIAL**

Where we are :

Reference Number / version control / Date of Publication



For more information

**7 Yathong Street ,
Wagga.**

Mobile: 0497 422 937

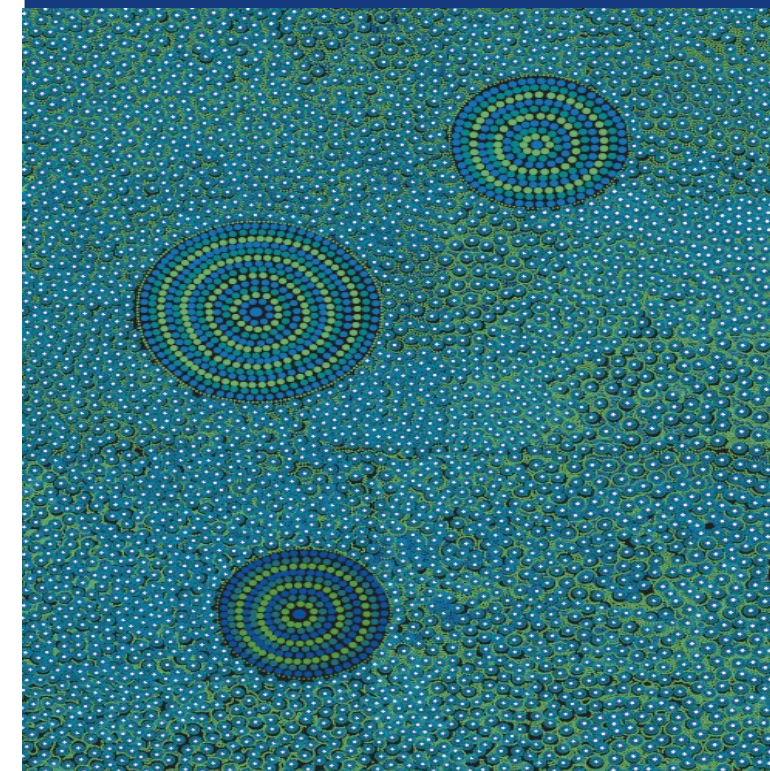


MURRUMBIDGEE
Local Health District



Safe Haven is a NSW Health Towards Zero Suicides initiative

**A calm, culturally-sensitive and non-clinical setting
staffed by trained peer workers to support people
experiencing suicidal distress.**



Wagga Wagga





Welcome to the Safe Haven.

We are glad you are here.

The Safe Haven is a warm welcoming space for people experiencing suicidal crisis and psychological distress.

Compassionate care is provided by peer workers with lived experience of suicidality.

The Safe Haven is here for you.

No 'wrong door' approach

The Safe Haven is based on the 'no wrong door' concept so that means it's open to anyone who may be experiencing suicidal distress. There are no age limitations however, if you are under the age of 16 you will need consent from a parent, carer or guardian.



What is a Peer Worker?

A Safe Haven peer worker is someone who has their own lived experience with suicidality and/or suicidal crisis, and can relate to the emotions or feelings that you may be experiencing.



How can a peer worker support you?

Often when people feel suicidal the only place to visit outside business hours is an Emergency Department. Safe Haven is another option which provides a different kind of support.



We can provide:

- Coping strategies
- Mindfulness
- Grounding exercises
- Safety planning
- Support to find out about other services in the community for you or your loved one
- Social connection
- Immediate 1:1 support



Additional crisis supports

If you are in immediate danger please dial 000 or present to the nearest Hospital Emergency Department. Additional 24/7 crisis supports also include:

- Accessline 1800 800 944
- Life Line 13 11 14
- Suicide Call Back Service 1300 659 467

