

Safe Haven-Griffith



Artwork "Woolscours" by Owen Lyons - Wiradjuri Art

NSW Health



Safe Haven

Safe Haven is a NSW Health Towards Zero Suicides Initiative



Welcome to our Safe Haven

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

Set up with a lounge style environment, we offer a warm and welcoming space for people experiencing suicidal crisis and psychological distress.

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

The Safe Haven welcomes and embraces all people from culturally diverse backgrounds, sexual orientation and gender identity.

How can a peer worker support you?

A Safe Haven peer worker is someone who has their own lived experience of suicide and can relate to the emotions or feelings that you may be experiencing.

We can provide support and assistance with coping strategies, mindfulness, grounding exercises, safety planning and social connection. We can also help to connect to other services that may assist you or your loved one. *The Safe Haven is here for you.*

Visit us at our temporary home:

5 Wiradjuri Place, Griffith (Local Aboriginal Lands Council Building)

Open Friday, Saturday and Sunday 2-9 pm



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