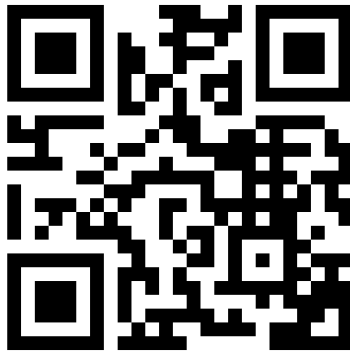


**For further support please visit
our website www.hfehmind.org.uk**

**Alternatively scan the QR Code below to visit
[My-Mind.TV](#) for helpful video resources**



We value your feedback

Your feedback is important to us as it helps improve our services. If you have any suggestions, recommendations, questions, complaints or compliments please contact us:

dutyadultservices@hfehmind.org.uk

0207 571 7454

In partnership with



Safe Space Hounslow



A safe space for emotional support and a listening ear!

Are you struggling? Experiencing Stress? Had a Life Changing Event?

Safe Space is a local hub for anyone who feels they are nearing crisis point, including carers.

You will be greeted by our friendly staff who will always be there to listen to you and help you get the support you need. We offer a quiet, warm and welcoming space.

We can provide you with support free of charge consisting of strategies to cope in the moment, resources to take away with you or connect you to practical local services. We may also refer you to other agencies for wider support.

This service is delivered on behalf of



How can I access support?

Our Safe Space's are a crisis drop-in service from 2pm to 10pm, 7 days a week, 365 days a year

Drop-In from 2pm - 10pm
(Last Drop-in by 9:30)

Phonelines are open from 2pm - 10pm

Contact Us Now

Contact Us Now

Safe Space Hounslow

9-10 Central Parade, Sparrow Farm Drive,
Feltham, TW14 0DH

Email: safespacehounslow@hfehmind.org.uk

Tel: 0207 471 0584

 **mind** Hammersmith, Fulham, Ealing and Hounslow