



Safe Space Ealing

The Safe Space is a local hub for anyone who feels they are nearing crisis point. We are here to listen to what you need and work with you to help.

We offer face to face, telephone and video-conference support.

 mind
Hammersmith,
Fulham, Ealing
and Hounslow

A safe space for emotional support and a listening ear

What is Safe Space?

The 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 will work with you to make you feel less anxious. We will listen to you.

We will give you some support and strategies to cope though our planned activities. We will signpost you if you need further support.

How can I access support?

You can visit our Safe Space during our drop in time: 6pm-8pm. Or you can make an appointment to see us between 8pm -11pm. We also offer telephone support or video conferencing support (through Zoom or Microsoft Teams).

Visit us here:
Lido Centre
63 Mattock Ln
London
W13 9LA

Get in touch with us:

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www.hfehmind.org.uk

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