Oxford Safe Haven

The Oxford Safe Haven (OSH) provides an additional resource and an alternative to the hospital emergency department for people experiencing a crisis with their mental health.

**OSH is open on Friday, Saturday, Sunday and Monday, 6pm till 10.00pm. Last entry at 9pm.**

Please note the referrer or service user must call in advance on a day of opening from 5.00pm. We may not have a space if people arrive at the venue without calling ahead.

<table>
<thead>
<tr>
<th>Who is it for</th>
<th>Exclusion criteria</th>
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<tbody>
<tr>
<td>- People experiencing a mental health crisis who wish to access support and could benefit from a supportive, non-clinical environment out of hours</td>
<td>- In immediate need of medical treatment, including untreated overdose or significant self harm</td>
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<tr>
<td>- At risk of self-harm or suicide, but able to keep self safe at OSH - no immediate risk to self or others</td>
<td>- Immediate risk to self or others</td>
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<tr>
<td>- People who historically may have attended the ED in the absence of other options for accessing assessment, support and safety</td>
<td>- Likely to be disruptive or aggressive in an informal social environment</td>
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<tr>
<td>- Over 18 and living in Oxfordshire</td>
<td>- People who are significantly intoxicated with alcohol or drugs on arrival will be asked not to attend</td>
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</tbody>
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OSH Contact Details

Telephone: 01865 903037 / Mobile: 07710 092849

Lines are only open from **5pm** on the day of the service

Email: oxonsafehaven@oxfordhealth.nhs.uk
What can people accessing our services expect?

- Safe place to be during the crisis
- Someone to talk to if desired
- Opportunity to work on safety planning, coping skills, and relaxation techniques
- Opportunity to use the space to relax, listen to the music, use art materials or other distractions
- Refreshments
- Staff who come from a range of backgrounds and offer person centred support in line with Oxfordshire Mind and Elmore values

We do not offer

- A Section 136 Place of Safety
- Regular ongoing support
- Formal clinical psychiatric assessment
- Medical care
- All-night support or a place to sleep
- Transport to or from the venue