

# In a Mental Health Crisis?

## Bucks Safe Haven is here for you



### Do you need...

- Listening support
- Signposting
- Safety planning

If you are an adult in crisis please call us first so we can hold a space for you.

### Aylesbury Safe Haven

Sunday, Monday, Tuesday, Wednesday  
6.30pm to 12 midnight  
(call from 6pm, last entry at 11pm)

**01296 453017**

Peach Tree House, The Whiteleaf Centre,  
Oxford Health NHS Foundation Trust,  
Bierton Road, Aylesbury, HP20 1EG

### High Wycombe Safe Haven

7 nights a week  
6.30pm to 12 midnight  
(call from 6pm, last entry at 11pm)

**01494 218098**

Buckinghamshire Mind,  
260 Desborough Road,  
High Wycombe, HP11 2QR

**[buckssafehaven@oxfordhealth.nhs.uk](mailto:buckssafehaven@oxfordhealth.nhs.uk)**  
**[www.bucksmind.org.uk](http://www.bucksmind.org.uk)**

Working in partnership with:

