

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.

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

Who is it for	Exclusion criteria
<ul style="list-style-type: none"> - People experiencing a mental health crisis who wish to access support and could benefit from a supportive, non-clinical environment out of hours - At risk of self-harm or suicide, but able to keep self safe at OSH - no immediate risk to self or others - People who historically may have attended the ED in the absence of other options for accessing assessment, support and safety - Over 18 and living in Oxfordshire 	<ul style="list-style-type: none"> - In immediate need of medical treatment, including untreated overdose or significant self harm - Immediate risk to self or others - Likely to be disruptive or aggressive in an informal social environment - People who are significantly intoxicated with alcohol or drugs on arrival will be asked not to attend - Under 18 or living outside of Oxfordshire

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