



Crisis Safe Space -now open **Mendip & Sedgemoor Area**

1.1 face to face, telephone and Zoom Crisis intervention Service

If you are 18 years or over and are currently going through a mental health crisis and you feel you need some extra support, the 'crisis provision may be able to help you.

We can support you with: Developing a safety plan, calming techniques, grounding and breathing exercises, active listening, introductions to other services.

The service is available: 18:00 - 23:00pm (you come to us)

Friday – Glastonbury & Bridgwater

Saturday - Shepton Mallet & Bridgwater

Sunday – Wells & Bridgwater

Introductions to our service can be made via –

Mindline – **01823 276 892** follow these instructions -

- Call Mindline
- Give them your details
- Ask for a Crisis Safe Space appointment

They will take your details and book you in for a call, they will pass your details onto us, remember your details will remain confidential between the services.

Your GP or any health professional can also make an introduction on your behalf, follow the same instructions above.

We document your visits to the 'crisis provision' on our computer systems that are shared as part of the Open Mental Health Alliance, and we will only share your information with permission if we feel you or another person is at risk of harm.