Mental Health Safety Planning Buckinghamshire – Crisis Services

The Mental Health Safety Planning service is provided by Buckinghamshire Mind and Oxford Health NHS Foundation Trust. It is an extension of the work we do at Safe Haven and designed for those requiring a more dedicated and structured one-to-one support. **Referral to this service is through the Stoke Manderville PLS team.**

We provide six-week short-term support to adults in Buckinghamshire who've attended A&E or hospital with thoughts of ending their life and/or self-harm. To be eligible for the Safety Planning service, you must not be registered with any other adult mental health teams within the NHS, or if you are, must be discharged before referral.

During the six-week process, a dedicated Support Worker will work alongside you to:

- Provide educational strategies to help manage situations that trigger self-harming or suicidal thoughts.
- Increase connections and reduce isolation.
- Identify and develop coping skills.
- Signpost to other services and sources of support.
- Develop robust and comprehensive safety plans throughout the sessions to ensure the ideas have come from you.
- Build connections with the Bucks Safe Haven service.

Support can be over the telephone, by video call (Teams) or face-to-face in a community setting or at Bucks Safe Haven in High Wycombe or Aylesbury.

For more information, please contact **buckssafetyplanning@oxfordhealth.nhs.uk**

mind Buckinghamshire

Contact us

Aylesbury Safe Haven
01296 453017

High Wycombe Safe Haven
01494 218098

info@bucksmind.org.uk
buckssafehaven@oxfordhealth.nhs.uk
www.bucksmind.org.uk

www.facebook.com/BucksMind
www.instagram.com/bucksmind

Working in partnership with:

NHS Oxford Health NHS Foundation Trust

citizens advice Buckinghamshire

Connection Support

Buckinghamshire Mind is affiliated to national Mind and is quality assured under the Mind Quality Mark. Buckinghamshire Mind (Buckinghamshire and East Berkshire Mind) is a Registered Charity (No: 1103063) and a Company Limited by Guarantee (No: 05000185).

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

7 nights a week 6pm to 11.30pm
(call from 6pm)

01296 453017

High Wycombe Safe Haven

7 nights a week 6pm to 11.30pm
(call from 6pm)

01494 218098

mind Buckinghamshire

Who we are

We want to create a mentally healthy society. Through our information, services and campaigns, we tackle stigma, barriers and isolation so that everyone can access mental health support when they need it.

We deliver services in the heart of our local communities, in Buckinghamshire and East Berkshire. We promote wellbeing and recovery; we prevent mental ill-health; we offer talking therapies and we provide support in times of crisis.

We are an independent charity that is proud to be affiliated with national Mind and to adhere to its quality standards of governance and service delivery. Buckinghamshire Mind is part of a network of local Minds, which provide trusted mental health services to our communities. **Together we are Mind**.

Buckinghamshire Mind is run by local people for local people and is responsible for its own funding and the services it provides.

What we do

Welcome to Safe Haven, part of Buckinghamshire Mind, the mental health charity. We offer short-term intervention to people while they are in a mental health crisis, as an alternative to A&E. We understand that a mental health crisis can be a frightening and sometimes lonely experience. We are here to let you know that you are not alone.

We provide listening support, signposting and safety planning in a welcoming and supportive setting. We also understand that people sometimes want a place to just 'be' during a mental health crisis, and that's fine too.



"Very caring, supportive and knowledgeable staff, providing a valuable service in a safe environment I would not otherwise have."

How we work

There are several ways you can spend your time with us at Safe Haven:

- Talking with other service users who have similar experiences and taking part in crafts and games in our group room
- Doing individual activities such as crosswords and colouring
- Accessing one-to-one support in our separate one-to-one room
- Exploring ways you may be able to cope if a future crisis occurs
- Identifying local community organisations that may benefit you



We may ask you for feedback about your experience of Safe Haven. We use this to help improve and develop the service we provide. If you feel there is anything we can do better, please let us know!



How to access our service

When you contact us, you will speak with a member of our welcoming and friendly team, who will ensure that our service is appropriate for your needs before inviting you to come to Safe Haven.

Safe Haven is not a drop-in service. Whilst we primarily offer in-person support you will need to call ahead of your visit. Please note our phone lines are open from 6pm, so please call on the evening you wish to attend to book your support.

Opening times

Aylesbury:
7 nights a week – 6pm to 11.30pm

High Wycombe:
7 nights a week – 6pm to 11.30pm

We also have limited spaces to offer support over the telephone or via video link, please contact us to enquire about this service.

If we feel you need more support than we can provide we will discuss this with you and signpost you to more appropriate services.