

# Camden Crisis Sanctuary

Do you need a place where you can talk about how you are feeling?



Service provided by:

Hestia.org



The service is open 5pm - 11pm (last walk-in admission is 10:30pm), 7 days a week, 365 days a year.



**Camden.CrisisSanctuary@hestia.org**



**074 6985 1855**



**[www.hestia.org/camden-crisis-sanctuary](http://www.hestia.org/camden-crisis-sanctuary)**



**Camden Crisis Sanctuary, 50-52 Hampstead Road, London, NW1 2PY**

The service is 5 minutes walk from Warren Street Station and 4 minutes walk from Euston Square. It also stops along the 24, 27, 134, 29, 205, 390, 73, 18 bus routes.



## **What is the Camden Crisis Sanctuary?**

The Sanctuary is a place where you can come if you feel like you're experiencing a mental health crisis. We are here to help you when you feel unable to cope on your own by:

- Offering you short-term support to manage your immediate mental health needs.
- Working with you to create your own individual plan to support your mental health.
- Providing you with advice and information on resources within the community to help you cope when you leave.

## **Is this service for me?**

The Sanctuary is a short-term support service to enable you to develop your own resilience, draw on your own strengths and develop your self-management techniques. It is a free service open to people aged 18+ years of age who live in Camden, or have visited mental health services in the borough.

### **Access information:**

You can attend the Sanctuary in person for face-to-face support at any time between 5-10:30pm. If you don't want to come in for a face-to-face meeting, you can telephone the Sanctuary team for support during opening hours or to arrange an online appointment via Zoom.

You can also phone the Sanctuary before opening hours and leave a message to ask for someone to call you back. It is our aim to get back to messages as soon as possible, but always

within 24 hours.

If you exhibit behaviour that others find aggressive or violent, we may ask you to leave for a temporary period. We do not tolerate drugs or alcohol in the Sanctuary.

## **What will happen when I go and who will I meet?**

You will receive a warm and friendly welcome from one of our support workers or volunteers, who will offer you a safe space to sit as well as a hot drink.

If you would like, you will be given some time on your own, in a quiet and safe space. The service will also facilitate group activities such as creative writing, arts, crafts and yoga, with the support of volunteers.

Once you feel you are ready, we will work with you to create your individual and personalised support and safety plans. These will include information to help you draw on your strengths and resilience in the future, and may provide details of other services, which may be able to support you.

Before you leave, the Sanctuary will give you information to take home which will help in the future if you find that you are unable to cope on your own again.

We will take your contact details if needed and provide support, advice, information and referrals or signposting to more support available within the community.