



WE ARE HERE



22 Stewart Avenue,
Hamilton East NSW 2302

FRIDAY, SATURDAY, SUNDAY

4PM - 9PM



EMERGENCY NUMBERS

If the HUB is not open or you can't get there, you can reach out for help from:

000 in an Emergency

Suicide Call Back Service - 1300 659 467

Lifeline - 13 11 14

Beyond Blue - 1300 224 636

Mental Health Line - 1800 011 511

Your GP



Our Safe Haven HUB is here for you.
It is free and you don't need an appointment.

Friday-Sunday: 4pm-9pm

SAFE HAVEN NEWCASTLE HUB



Health
Hunter New England
Local Health District



WHAT IS THE SAFE HAVEN HUB?

The Safe Haven Newcastle HUB is a safe space you can visit when you are feeling like life is just too much to handle. We are a non-clinical drop-in centre, run by Peer Workers with lived experience of suicide. We are here to help you if you feel like there is no one else there.



WHAT CAN YOU EXPECT AT THE HUB?

- A safe space to talk with someone with lived experience of suicide
- Other members of the community
- Areas to chill
- A space free of judgement
- Listen to music
- Be involved in activities such as board games or arts and craft
- Cultural space and activities including weaving

SAFE HAVEN NEWCASTLE HUB

Our goal

Provide a comfortable, safe and supportive space for people experiencing suicidal thoughts.

The staff are passionate about suicide prevention and can link you with information about other services.

WHO WILL BE AT THE HUB?

Two Peer Workers, Aboriginal Social, Emotional Wellbeing Staff, and a HUB Manager (Mental Health Clinician) will be onsite together with other visitors like yourself.

Newcastle Safe Haven HUB
Friday, Saturday, Sunday: 4pm-9pm