



Nobody plans to be in crisis, but if it comes we provide a safe space to regroup and relax.



## Crisis Support

When you feel in crisis, The Southwark Community Sanctuary can help identify support needs and assist in planning for better wellbeing.

We'll listen to you and help you to develop coping strategies and plan to stay safe and well. Together we will navigate local services and opportunities to provide further help and support.



## Peer Support

Our peer supporters all have their own experiences of mental health crisis, this allows them to share a real understanding of what crisis can feel like.



## Regroup & Relax

After meeting with our staff or volunteers, you can sit in the Community Sanctuary and enjoy a break from the outside world. It's a comfortable space to relax, and refreshments are available.



Registered Charity No. 211091 Registered Company No. 463505



[www.together-uk.org/projects/southwark-community-sanctuary/](http://www.together-uk.org/projects/southwark-community-sanctuary/)



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Southwark Sanctuary

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