

Safe Haven

Creating Safety Together

Welcome to our Safe Haven. This is a space for support, understanding, and safety. We know that everyone's experience of crisis looks different, and we respect each person's journey. Please help us keep this environment safe and supportive for all.

Our Commitments

- We will treat you with dignity, compassion, and respect.
- We will listen without judgment and honor your individuality.

If Things Feel Difficult

If you feel overwhelmed or upset, let a member of our team know. We are here to support you and help keep the space calm and safe.

Thank you for helping us create a haven where everyone can feel supported.

Your Role in Our Community



- Be kind and considerate: Everyone here is in crisis, and emotions can run high. Please be mindful of others.
- Respect differences: Each person's way of coping may look different. There is no "right" way to be in crisis.
- Keep the space safe: Physical aggression, verbal abuse, threats, or discriminatory language will not be tolerated.
- Protect privacy: What is shared here stays here. Please respect confidentiality.

