

What to expect when you visit us

The CYP Haven is a safe space for children and young people aged 10-18 where they can talk about worries and mental health in a confidential, friendly and supportive environment. The kind and professional staff can help you to talk about what the issue is and find ways to ensure you get the right information. They may be able to help you access the right service. It may be that all you need is a space to relieve some of your anxieties and get advice on coping mechanisms. The staff are there to listen to you and to try to find ways to make your situation better

The THRIVE Framework which we work within, places an emphasis on the prevention and promotion of mental health and wellbeing for everyone, while making sure young people are empowered by having an active involvement in the decisions made about their care



cyphaven.net

Children & Young People's Haven
Surrey County Council

Phone: 01483 519436
Web: www.cyphaven.net

Children & Young People's Haven



CYP Haven
Emotional wellbeing and mental health support, advice and sign-posting for ages 10-18

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What we offer

Drop-in Wellbeing Service

We offer drop-in mental health and wellbeing services at different locations within Surrey and a telephone service. Both of these services operate after school and on Sundays (except on bank holidays). Our drop-in Havens operate on different days at different locations.

Please see our website for opening times and locations—www.cyphaven.net

Support Line

Our telephone 'virtual' Haven operates during the week and on Sundays (except on bank holidays).

Workshops

We run on-line workshops covering a wide range of mental health related topics on Sundays (except bank holidays)

Please see our website for details - www.cyphaven.net/support-line-and-workshops

Additional Projects

We manage a number of other projects and activities. Please see details overleaf

The CYP Haven Team

Professionals from three different organisations make up the CYP Haven team, helping to provide a wide range of knowledge, skills and community connections. All have a good understanding of mental health issues, mental health first-aid and are responsive to the needs of the young people.

Our teams are made up of Qualified Youth Workers, User Voice & Participation Workers and Community Wellbeing Practitioners. Our support line is operated by the Youth Workers

When you attend the Haven, the workers will help you to feel welcomed and respected. There will be no pressure for you to disclose anything that you are uncomfortable talking about. We can play games or take part in recreational activities like arts and crafts or cooking while you get to know us better. You are also welcome to come with a parent, carer, support worker or friend so that your first visit is not too daunting.

Additional Projects

In addition to our Drop-in, Wellbeing, Support Line services and Mental Health Workshops we offer a range of activities and short courses outside of CYP Haven opening times.

Superskills

We offer a programme of workshops aimed at building coping strategies and resilience in young

people. The Superskills programme is based on tried and tested methods of challenging negative thoughts and behaviours

Forest Skills

We offer a programme of outdoor activities designed to boost self esteem and wellbeing in the school holidays. These activities include, shelter building, fire lighting, woodland crafts and enjoying and appreciating spending time in the calm, beautiful natural environment

Slow Grow

We run small scale horticulture projects in beautiful outdoor locations for young people who are not currently attending school as a therapeutic, confidence building activity.

Talking Teens

We run a short 4-session course which helps parents get equipped with the skills and knowledge to effectively parent their teenagers through what can be a challenging, wonderful and very important stage in their development from children to adults

Outreach

We offer flexible approaches to addressing the needs of young people in their communities. We also run pop-up stalls at local fun-days, fetes, festivals, schools and colleges. So come along and have a chat when you see our purple gazebo!

Please visit our website to find out about our opening times, The locations of our Drop-ins, How to contact our Support Line and other useful information

Scan the QR code or type 'www.cyphaven.net' into your browser for all the information

