

Late
night

mental
health

support

in Scunthorpe

The Haven offers mental health support to people aged 16 and over

In North Lincolnshire 7 days a week between 4 pm and midnight.

Trained mental health support workers can support people to manage thoughts of self harm, low mood and anxiety, to help prevent them reaching crisis point.

Anyone experiencing mental health distress is welcome to contact Haven on 01724 279500.

Leave your name and telephone number and one of our staff members will call you back.

7 days a week (Monday to Sunday)

4 pm until midnight

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with your name and telephone number
and one of our staff members will call you back.