



What is Safe Space?

A Safe Space is an inclusive, welcoming and supportive environment for people experiencing emotional distress.

For further information about Safe Spaces, visit My Mental Health Website www.mymentalhealth.org.au

Strathpine Safe Space

Unit 6 327 Gympie Road,
Strathpine



☎ 07 3493 6710

✉ safespace@neaminational.org.au

Open: Mon - Fri, 5.00 pm - 9.00 pm
Sat & Sun, 3.00 pm - 7.00 pm

Caboolture Safe Space



24 George Street, Caboolture

☎ 07 5232 1590

✉ SafeSpace.Caboolture@stride.com.au

Open: Mon - Fri, 5.00 pm - 9.00 pm
Sat & Sun, 10.00 am - 2.00 pm

Bardon Safe Space

180 jubilee Terrace, Bardon



☎ 07 3004 0101

✉ SafeSpace@communify.org.au

Open: Mon - Fri, 5.00 pm - 9.00 pm
Sat & Sun, 9.00 am - 1.00 pm

Redcliffe Safe Space



440 Oxley Avenue, Redcliffe
(on the corner, next to the Skate Park)

☎ 0435 827 817

✉ SafeSpace@redcliffeyouthspace.org

Open: Mon - Fri, 5.00 pm - 9.00 pm
Sat & Sun, 3.00 pm - 7.00 pm

Each Safe Space is part of a broader Safe Spaces Network coordinated by Wesley Mission Qld. For further information email: SafeSpaceNetwork@wmq.org.au



Welcome to Safe Space



Feeling distressed?

Need a safe space to go to?

Looking for an alternative to the emergency department?



Before visit

- Everyone is welcome to visit the Safe Space if you are experiencing distress and need support
- All ages welcome
- No appointment needed but if possible, please phone ahead to ensure we are able to see you without delay
- If you need help to get there please call to discuss options



Welcome / on arrival

- When you arrive there will be a secure entry
- You will be welcomed by a peer worker
- A peer worker is someone who has their own experience of emotional distress and understands
- The space will be welcoming, homely and safe
- You, your carer, family and friends are welcome to accompany you in the space



While you are at the Safe Space

- You will be given a tour of the space
- A peer worker will be available to talk with you about what brought you to visit
- You have choice and control over the supports you would like to engage in whilst visiting, including guided sensory and calming activities to help you reduce your distress and feel better
- Peer workers can provide support to review or create a safety plan, problem solve and connect with other services that may be able to help you

What do you need to share?

- You will be asked to share some basic information for record on the visitor database
- We will only collect, store or share information with your consent
- You can share as much or as little as you feel comfortable to
- Information collected can be useful so you don't have to retell your story

What happens when you leave the Safe Space?

- When it is time to leave, staff can provide support with transport, referrals, phone numbers and resources
- If you choose, we can contact you 24 and 72 hours after your visit to check in
- You are welcome back anytime you may be in distress again
- We hope you finish your visit feeling heard, supported and safe

