



After Hours **Mental Health Safe Spaces**



What

Face-to-face support, inclusion and social connections in a relaxed café setting for people impacted by mental ill health.

Why

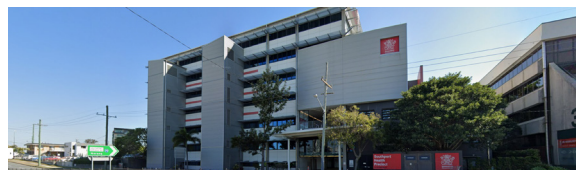
Sometimes we need support after most services close. When it's not an emergency but you need someone to listen, these Mental Health Safe Spaces are here to help you connect to supports and give you peace of mind outside of business hours.



Drop in at a time you prefer and chat to our friendly staff.

Where

 **Southport Safe Space**
Level 3, 16-30 High Street
Southport QLD 4215



Come in any time **from**

 Monday-Friday 6pm - 9pm
Weekends 12pm - 8pm

Or call us **on**

 3186 4000