

The Sanctuary

We hear you. We are here for you.
We are a safe place.



Gloucester
House,
12 Dorian Close,
Southmead,
BS7 0XP

Open
Thursday
- Monday,
5pm -
midnight

Somewhere to come at the weekend when you are in emotional distress. 5pm - midnight, Thursday - Monday.

Call us on **07709 295 661** or email
awp.bmhsanctuary@nhs.net to book
a place or for more information.

Staff will respond to calls and messages
from 4pm on the days we are open.

**Bristol
Mental
Health**

the
sanctuary

St Mungo's
Rebuilding lives

The Sanctuary is a safe space to come for support when you can no longer cope, or are feeling very alone.

We offer single session support on an ad hoc basis for people struggling with severe emotional distress. We will work with you as an individual to try and find some balance.

Sessions are by appointment only. Please call us during opening hours where we will take you through a brief telephone assessment to understand your needs before a session can be allocated.

Support sessions are up to one hour long.

About us

The Sanctuary is managed by St Mungo's.

St Mungo's is a charity and housing association which manages emergency, prevention and recovery services for people who are homeless or at risk of homelessness.

The Sanctuary is part of **Bristol Mental Health**, created in 2014 following calls from service users, carers and GPs for better mental health services in the city.



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