

"I loved coming to Safe Harbour. I feel that it has helped me massively with dealing with emotional issues in my life."

"I felt Safe Harbour made me welcome and treated me like a person, not a number."

"I feel Safe Harbour has helped me as a person with my values and self-esteem."

"This has been a great place to let me look at the good I have in my life and not to worry about things that are not important ."

"It great to talk and feel valued, come here to talk and feel safe."



## Safe Harbour Inverclyde

### Address

2A Newton Street  
Greenock  
Inverclyde  
PA16 8UH

### Email

[info@safeharbour.org.uk](mailto:info@safeharbour.org.uk)

### Website

[www.safeharbour.org.uk](http://www.safeharbour.org.uk)

### Telephone

01475 892197

Charity Number: SCO38203  
Company Number: SC321451



# SAFE HARBOUR INVERCLYDE

Providing Emotional  
Support to our  
Inverclyde Community

01475 892197

[www.safeharbour.org.uk](http://www.safeharbour.org.uk)



## What is Safe Harbour?

**Safe Harbour is an emotional support service that aims to improve your emotional wellbeing.**

We offer a twelve week programme of support to explore past or present emotional traumas or events affecting your life.

We work with a variety of different people with different issues in their lives such as feelings of depression, anxiety, low self worth and low confidence, as well as specific topics such as bereavement, trauma, isolation, stress and anger.



### One to One Support

Our Emotional Support Workers will work alongside you, providing support to help you to develop and rebuild your emotional wellbeing.

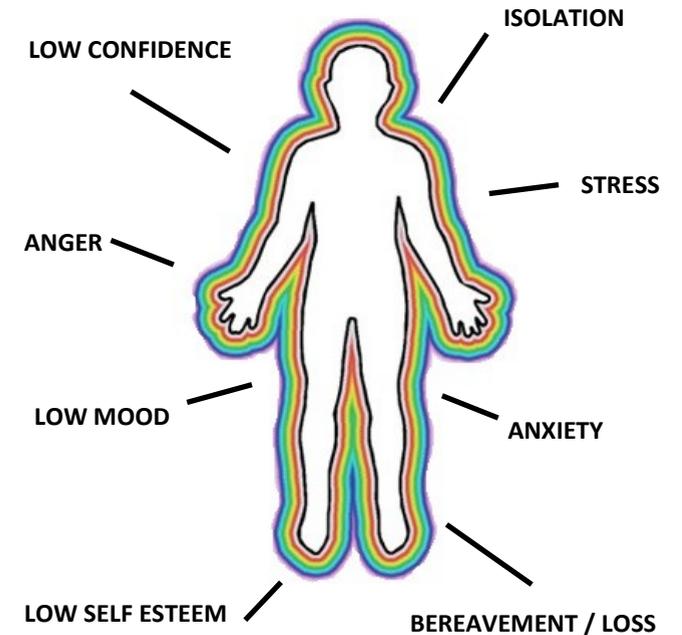
### Walk and Talk

Walking can be an effective way of dealing with stress and anxiety. Our Walk and Talk sessions, which vary in length and route, can help improve socialisation, reduce stress levels and improve physical health.

### HeartMath

Our Emotional Support Workers are trained to deliver HeartMath sessions. HeartMath is an NHS approved stress management programme which aims to reduce stress levels and increase feelings of wellbeing.

## Have you ever felt any of the following issues?



## Want to Find Out More?

If you would like to find out more about Safe Harbour, or if you would like to learn more about our referral process, please give us a call or email us using the details at the back of this leaflet.