

## What can / should I bring and what is provided?

We will provide all toiletries however if you would rather bring your own, please check first with staff as some products (such as aerosols) are not permitted. We will also provide chargers for any electronic items and enough food for your full stay. You will need to bring enough clothes to last 3 days and any personal items that help you to feel happy and settled.

## Will I be allowed Visitors?

We will consider every request for visitors carefully with you to decide if it will help you achieve your goals. Similarly, if a friend or family member would like to visit, please ask them to email us at [safespace@roundaboutltd.org](mailto:safespace@roundaboutltd.org) or call us on 0114 258 5579.

## Can I come and go as I like?

If you would like to leave the house or garden for any reason, you will need to ask the staff so we know where you are going and for how long. We would prefer that you went with a member of staff, but if we do agree to you going out alone, we will agree a time for you to be back.

## What if I want to leave before the agreed length of my stay?

If you decided you no longer wanted to stay at Safe Space, you would let us know and we would arrange for you to leave in a safe way. You have to want to be at Safe Space for it to work and, although we would be sad to see you go, we wouldn't want you to stay against your will.



Safe Space is a place for you to spend up to 72 hours focussing on your wellbeing in a calm supportive and non-judgemental environment.



*"We all believe in empowering and providing a non-judgemental environment for young people to stay safe"* Safe Space Team

## What will I do there?

During your time at Safe Space we will work with you on your mental and emotional wellbeing. Together we will identify what you would like to achieve and make a plan to work towards that. This may include working out what has caused the current crisis and how we can prevent it from recurring. There are a whole range of activities you could do such as arts and crafts, music, gardening, learning coping strategies, cooking with staff and making sensory items to take with you when you leave. Or more physical activities are available such as meditation, yoga or boxing (with punch bags and pads). We want to be led by you, so you get to choose what you do... as long as it helps you to work towards your goals.

When you leave we will link with your existing support network (e.g. Family, CAMHS, Social Worker or Support Worker) to make sure you have the support you need. We will always involve you in this and ask for your permission. We may also suggest new support groups or people to link you with. All information we have on you will be stored confidentially on our server and any paper copies destroyed.



## Who will be there?

You will be the only young person in the house for the time of your stay. You will be supported by our team of friendly, experienced staff who are there to provide a safe therapeutic environment.

## What is it like?

It is a 3 bedroomed house in a residential street in Sheffield just like any other! It has a lovely garden, a therapy / sensory room, a living room, kitchen, office and bedroom. You would have your own bedroom, bathroom and use of the whole downstairs of the house.

You can't smoke in the house, but there is a dedicated smoking area outside.

## Who is it for?

Safe Space is for you if you are aged 16 or 17, do not need to be in hospital, but are experiencing mental health crisis and are unable to manage this in your usual home environment.

**Team  
Safe Space** →

