Mental Health Spaces

Mental Health Spaces are community spaces for anyone who feels they are nearing crisis point and need support.

Hestia Coves are a safe and supportive environment for those who are struggling with their mental health. Coves are open 365 days a year from 2 pm -10 pm and offer a hot drink, snack, warm and safe place, and support and advice. You do not need an appointment; just turn up during opening times.

Brent: Brent Hub Community Enterprise Centre, 6 Hillside, London, NW10 8BN

Brent Cove Drop-in | Hestia

Harrow: Carramea Centre, 27 Northolt Road, South Harrow, London, HA2 0LH

Harrow Cove | Hestia

Kensington, Chelsea and Westminster: The Lighthouse, Dunbell Building, St Mary's Hospital, Praed Street, W2 1RL

Kensington, Chelsea and Westminster Crisis Cove | Hestia

Hillingdon Cove Café: Apple Blossom Cottage (Rear of Apple Blossom Lodge), 64 Ickenham Road, Ruislip, HA4 7DQ

Hillingdon Cove | Hestia

Some boroughs have safe spaces run by Mind, rather than Hestia, so have different drop-in times: 3 pm - 7pm drop-in, with appointments able to be booked between 7 pm - 10 pm.

Ealing: Safe Space Ealing, The Lido Centre, 63 Mattock Lane, W13 9LA

Ealing Safe Space - Hammersmith, Fulham, Ealing and Hounslow Mind

Hounslow: Unit 27, Ground Floor, Treaty Centre, 44 High Street, Hounslow, TW3 1ES

Hounslow Safe Space - Hammersmith, Fulham, Ealing and Hounslow Mind

Hammersmith and Fulham: Safe Space Hammersmith and Fulham, 309 Lillie Road, SW6 7LL

Hammersmith & Fulham Safe Space - Hammersmith, Fulham, Ealing and Hounslow Mind