



Safe Harbour Emotional Support Programme

Safe Harbour Inverclyde is a charity based within the local area.

Safe Harbour Emotional Support Programme is a non-clinical model and alternative talking therapy. When life events happen one of the hardest things is dealing with difficult emotions. For example, the person can have feelings of confusion, loss, resentment, anger, anxiety, lack of confidence, low self-esteem, low self-worth, etc.

Negative emotions can have a major impact on the persons Health and Wellbeing; however, with support and understanding these feelings can hopefully be overcome.

What support we offer?

The programme provides a therapeutic space where our trained Emotional Support Workers provide one to one support over an initial twelve-week period. This will be reviewed with the client on a regular basis.

The Safe Harbour Programme gives the person an opportunity to explore and look at underlying reasons that have contributed to the way a person feels emotionally. The programme provides the person with the tools, to try and change or manage their emotions. Individuals referred to the service will initially receive telephone support whilst they are on the waiting list. This will enable them to begin building a trusting and supportive relationship with their Emotional Support Worker, and will then receive appointments for one to one support.

How to be referred?

We currently only accept referrals from GPs within the Inverclyde area. Due to the nature of our service we do not offer a drop-in service or accept self-referrals - we encourage the person who requires support to discuss a possible referral to our service with their GP, thus ensuring Safe Harbour Emotional Support Programme is the appropriate service for meeting your needs at this time.

In the event your GP wishes to make a referral to Safe Harbour we are happy for the GP practice to contact our service to ensure relevant referral paperwork is provided.

On receipt of completed GP referral the person is offered initial ongoing telephone support from the Emotional Support Worker while on our waiting list, which is currently twenty weeks.

Contact Us:

If you require any further information about the Safe Harbour programme, please do not hesitate to get in touch.

Address:

Safe Harbour
2A Newton Street
Greenock
PA16 8UH

By Phone: 01475 892197

Email: info@safeharbour.org.uk

Website: www.safeharbour.org.uk