**More quotes from our clients:**

“I was so relieved when the Haven re-opened because I knew that I would get the help that I desperately needed from staff I knew and trusted. Everyone at the Haven understands what it is like to live with Personality Disorder and can support each other through difficult times. The staff are amazing: They runs groups that cover Life Skills and Emotional Resilience and Wellbeing Inside and Out. These groups cover topics that help us live day-to-day. I am grateful to get 1:1 talks with Sue, our facilitator; this gives me a chance to off-load my worries in private The Haven gives me a chance to be myself and I really love to go.” SC.

“The Haven has been a great help to me over the years, keeping me out of hospital and safe. The support I have received has been outstanding. My 1:1’s are a way for me to talk and be open without being judged . Many thanks to all the staff. “ BH.

“Since coming to the Haven I have improved greatly; it feels safe to be there. The groups are really helpful and I have learnt a lot. I feel supported in everything ; there is always someone to talk to and sort things out. I do not know what I would do without the Haven.” VD.

“I found the Haven very supportive and the telephone contact really helpful. The outreach has been great it is a shame that it is time limited. When I have made into the Haven it is a nice family atmosphere.” AP.

“The Haven has given me somewhere safe to come.” JA.

“Since the opening of the “new” Haven I feel I have come on in leaps and bounds. I can now walk to the Haven without much anxiety. I can participate more in groups I can contain my emotions more. I love bringing Risby[Haven mascot dog] in because he loves it.” JH

“I see the Haven as a footpath to follow. Sometimes I veer off the footpath but staff and clients are there to guide me back. At the end of the footpath there is an open gate to the future. I am not a fast walker but I will get there eventually.