



# The Lighthouse

The Lighthouse is an informal, non-judgmental, out-of-hours mental health service for anyone over 18 who requires short-term support with their mental health.

## **The Lighthouse Shirley**

147 Shirley Road  
Options Wellbeing  
The Annexe  
Southampton  
SO15 3FH

## **The Lighthouse Bitterne**

432 Bitterne Road  
Bitterne Village  
Southampton  
SO18 5RT



## About the Lighthouse

Together, we give you an informal, non-judgmental support and facilities, such as:

- a comfortable lounge area
- arts, crafts, games and other activities
- a low-stimulus 'sensory' room
- a range of resources such as sensory aids and information that you are welcome to browse and make use of
- facilitated, informal peer support alongside other guests using the service
- space for making drinks
- wheelchair-accessible facilities

Our team may also help you find more support from other services, whether it be immediate or urgent care, primary or secondary care or even linking in with services you are already in contact with.

Please note that The Lighthouse is not an A&E department for those in need of medical attention.

## Remote support

You can access The Lighthouse remotely by texting 'Lighthouse [followed by your postcode]' to 07789390812. The team will then respond and offer text support, telephone support or face-to-face.

Virtual support is available online by visiting: <https://bit.ly/LighthouseRemote> or you can scan the QR code on the right.

