CLAIMS:

1. A shower head assembly for mounting to a wall portion, the shower head assembly comprising:

a housing having a fixed shape, the housing having a water inlet, a shower outlet and a water outlet, the water outlet having a first water outlet coupling element arranged for coupling to a second water outlet coupling element;

a conduit for water, the conduit being positioned within the housing and being arranged to direct a flow of water from the water inlet to the shower outlet or to the water outlet, the conduit comprising an actuable valve that is arranged such that, when the first and second water outlet coupling elements are coupled to each other, the actuable valve transitions between an actuated and a de-actuated conditions, whereby when the actuable valve is actuated, the water flow is directed to one of the shower outlet and the water outlet, and when the actuable valve is not actuated, the water flow is directed to the other one of the shower outlet and the water outlet;

wherein an entire upper surface of the housing having the fixed shape is, when the shower head assembly is mounted to the wall portion, generally downward-sloping, whereby the shower head assembly is substantially ligature-resistant;

wherein the housing and a mounting region of a wall entirely encapsulate the conduit when the housing is mounted onto the wall; and

wherein the housing does not have any portions projecting from a surface of the housing.

2. The shower head assembly of claim 1 wherein the housing has at least two faces and is arranged such that the water inlet is positioned at a first face and the

water outlet and the shower outlet are both positioned at a second face that is oriented substantially opposite to the first face.

3. The shower head assembly of any one of the preceding claims wherein the water outlet and the shower outlet are flush with housing portions.