



MENTAL HEALTH SERVICES FOR DORSET

NAME OF SERVICE	WHAT'S ON OFFER	CONTACT DETAILS
<p>Connections</p> 	<p>24/7 Phone helpline for people <i>of all ages</i> in Dorset who are experiencing mental health issues and need support.</p> <p>Crisis support is available and people who need immediate mental health support will be signposted to the most appropriate service urgently.</p>	<p>Tel: 111 and select 'mental health'</p> <p>Or call</p> <p>0800 652 0190 to access support as part of the Dorset Crisis Response Service.</p>
<p>Steps to Wellbeing</p> 	<p>Free confidential service providing psychological therapies for common mental health conditions such as depression, anxiety, bereavement and stress.</p> <p>You can refer yourself to this service, meant for ages 18+ , available across Dorset and Southampton.</p>	<p>Refer yourself through:</p> <p>https://www.steps2wellbeing.co.uk/accessing-support/</p> <p>Or call</p> <div style="background-color: #e0e0e0; padding: 5px;"> <p>Rural Dorset 0300 790 6828 Urban Dorset 0300 7900542 Southampton 0800 6127000</p> </div>
<p>The Retreat' Out-of-hours services for adults (18+)</p>	<p>Out-of-hours services for adults (18+)</p> <p>No appointment necessary – just turn up and you will receive 1-2-1 recovery focused support from a mental health professional or peer specialist with lived experience.`1</p>	<p>Opening Hours: 4.30pm to midnight, Monday to Sunday.</p> <ul style="list-style-type: none"> • Bournemouth: Hahnemann House, Hahnemann Road, Bournemouth, BH2 5JW. • Dorchester: 30 Maiden Castle Road, Dorchester, DT1 2ER
<p>WSACommunity Front Rooms</p>	<p>Out-of-hours services for adults (18+)</p> <p>No appointment is necessary – just turn up and you will receive 1-2-1 recovery focused support from a mental health professional or peer specialist with lived experience.</p>	<p>Opening Hours: 3.15pm to 10.45pm, Thursday to Sunday.</p> <ul style="list-style-type: none"> • Bridport: The Assembly Rooms, Gundry Lane, Bridport. DT6 3RL. • Shaftesbury: Unit 4-6, Ploy 25c, Longmead Industrial Estate, Shaftesbury. SP7 8PL. • Wareham: Unit 1, Leanne Business Centre, Sandford Lane, Wareham. BH20 4DY.

<p>Recovery Education Centre (REC)</p> 	<p>Provides courses to help understand one's own experiences, manage recovery and support others.</p> <p>Courses, workshops and seminars are conducted within the local community.</p> <p>All courses are free.</p>	<p>Tel: 01202 584478</p> <p>Mobile: 07787 836708</p> <p>Web: https://www.dorsethealthcare.nhs.uk/patients-and-visitors/our-services-hospitals/mental-health/recovery-education</p>
<p>Dorset mental health forum</p> 	<p>Peer led charity to support lives of those affected by mental health.</p> <p>Promoting wellbeing and recovery, peer led services and support other mental health services within Dorset.</p>	<p>Opening hours: 9:30am - 3:30pm, Mon - Fri</p> <p>Tel: 01305 257172</p> <p>Email: admin@dorsetmentalhealthforum.org.uk</p> <p>Web: www.dorsetmentalhealthforum.org.uk</p>
<p>Samaritans</p> 	<p>If you are desperate to talk to someone, the Samaritans can help – 24 hours a day, 365 days a year and an email service (response time: 24hrs)</p>	<p>Tel: 116 123</p> <p>Web: www.samaritans.org</p>
<p>Mind</p> 	<p>Support groups and advice.</p>	<p>Infoline: 0300 123 3393</p> <p>Tel: 01202 392 910</p> <p>Email: contact@dorsetmind.org.uk</p>
<p>Sane</p> 	<p>Information and support for people affected by mental health problems.</p>	<p>Tel: 02073 751002</p> <p>Web: www.sane.org.uk/home</p>
<p>No panic</p> 	<p>Confidential helpline for anxiety, 1:1 mentor service and recovery groups. Helpline charges 5p per minute.</p>	<p>Helpline: 0844 967 4848 (10am - 10pm)</p> <p>Youth Helpline: 0330 606 1174 (For 13 to 20 year olds, open 3pm to 6pm Monday to Friday)</p> <p>Web: www.nopanic.org.uk</p>
<p>Anxiety UK</p> 	<p>Advice and support for people living with anxiety.</p>	<p>Helpline: 03444 775 775</p> <p>Text: 07537 416 905</p> <p>Web: https://www.anxietyuk.org.uk/get-help/</p>

