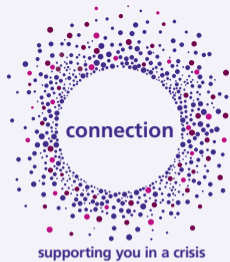


NHS



Scan to find
out more



A 24/7 mental health helpline.

Connection is available to people of all ages, anywhere in Dorset, to access round-the-clock mental health advice and support.

You can call:

0800 652 0190

24 hours a day, 7 days a week.



Face-to-face help and support.

Open to anyone aged 18 or above, providing a safe space to seek face-to-face help and support.

Scan the QR code on the front to see website for opening times.

**Bournemouth
and Dorchester.**

In partnership with Dorset Mental Health Forum



A safe space to discuss.

Open to anyone aged 18 or over. A safe space to discuss problems and work towards possible solutions.

Scan the QR code on the front to see website for opening times.

**Bridport, Shaftesbury,
Wareham and Weymouth.**

In partnership with BCHA, Burrough Harmony and HOPE

SAMARITANS

Call free day or night on

116 123

Email

jo@samaritans.org

Here to listen, day and night.

A safe place for you to talk any time you like, in your own way – about whatever's getting to you.



samaritans.org

A registered charity



Dorset Open Door
Supporting bereavement together

Bereavement support for you.

Find the right bereavement support:
Call: **01305 361 361**
or email:
dhc.dorsetopendoor@nhs.net



**SURVIVORS OF
BEREAVEMENT
BY SUICIDE**

National suicide help.

We exist to meet the needs and overcome the isolation experienced by people over 18 who have been bereaved by suicide.

National Helpline:
0300 111 5065

9am-9pm
Monday to Sunday



Dorset based charity supporting bereaved children and young people, their families and the professionals working with them.

Call: **01258 837071**

Support for children.

Chat Health
www.chathealth.nhs.uk

Kooth
www.kooth.com

SHOUT 24/7
text 'SHOUT' to 85258



We are here to support you after the death of someone close.

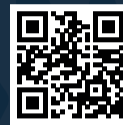
You can chat online.
Visit: **cruse.org.uk**

or call: **0808 808 1677**

Support for adults.

Health Apps
www.ourdorset.orcha.co.uk

**Support after suicide
partnership**
www.supportaftersuicide.org.uk



Building mental wellbeing together.

Created by the people of Dorset for the people of Dorset

Find a list of local and national organisations that can provide help and support at:

www.lightonMH.uk/support