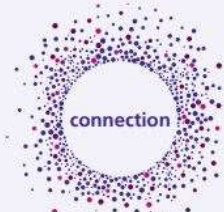




supporting you in a crisis



supporting you in a crisis



supporting your mental health



supporting your mental health

**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*



Scan to find out more



Supporting bereaved children

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

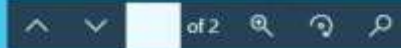
Call: **01258 837071**

Support for children.

**Chat Health**  
[www.chathealth.nhs.uk](http://www.chathealth.nhs.uk)

**Kooth**  
[www.kooth.com](http://www.kooth.com)

**SHOUT 24/7**  
text 'SHOUT' to 85258



**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](mailto:dhc.dorsetopendoor@nhs.net)



**SAMARITANS**

Call free day or night on

**116 123**

Email  
[jo@samaritans.org](mailto: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](http://samaritans.org)

A registered charity

**light on**  
BUILDING MENTAL WELLBEING TOGETHER



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](http://www.lightonMH.uk/support)

**Cruse** Bereavement Support

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

You can chat online.

Visit: [cruse.org.uk](http://cruse.org.uk)

or call: **0808 808 1677**

Support for adults.

**Health Apps**  
[www.ourdorset.orchs.co.uk](http://www.ourdorset.orchs.co.uk)

**Support after suicide partnership**  
[www.supportaftersuicide.org.uk](http://www.supportaftersuicide.org.uk)