

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

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

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



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

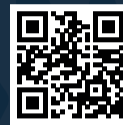
You can chat online.  
Visit: **cruse.org.uk**

or call: **0808 808 1677**

Support for adults.

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

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