

# Wellbeing support during COVID-19

## Find support online

There is a range of information and resources on the Dorset HealthCare website to support your wellbeing at this time. Go to:

**[dorsethealthcare.nhs.uk/coronavirus-wellbeing-support](https://dorsethealthcare.nhs.uk/coronavirus-wellbeing-support)**

## LiveWell Dorset are here for you

Give LiveWell Dorset a call on **0800 840 1628** to speak to an advisor about making healthy lifestyle changes. You can also book a free, one-hour Five Ways to Wellbeing online training session to help you with practical ways to look after yourself. Go to: **[livewelldorset.co.uk/covid-19-information](https://livewelldorset.co.uk/covid-19-information)**

## Download wellbeing apps

Knowing which apps to use can be confusing when there are so many out there. Take a look at the library of trusted and approved apps to help you with your wellbeing: **[ourdorset.orchacare.co.uk](https://ourdorset.orchacare.co.uk)**

## Free counselling

Support will be provided free of charge by DTCP & Colliton Street Psychotherapy Services to anyone who needs it, either through a 50-minute listening session or 6 short-term sessions over the phone or online. Go to **[www.psychotherapydorset.co.uk](https://www.psychotherapydorset.co.uk)** or call **07714 330120**.

## Emotional support

Frontline19 is a nationwide service offering support to those working on the frontline of COVID-19. Its free and confidential. Go to **[frontline19.com](https://frontline19.com)**.

## 24-hour crisis support

If you are struggling with your mental health, free 24/7 support is available. Text '**FRONTLINE**' to **85258** or call Samaritans on **116 123**.