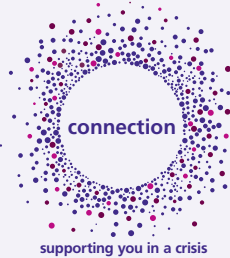


**NHS**



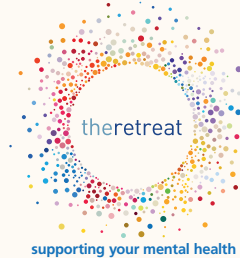
Scan to find  
out more



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.

Retreats are open every day from  
**4.30pm - 12.00am**  
at  
**Bournemouth -  
Hahnemann House**



A safe space to discuss.

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

**Opening Times**  
3.15pm-10.45pm, Thursday - Sunday

Bridport, Shaftesbury,  
Wareham and Weymouth.



A safe place for you to talk.

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

Call: **116 123**  
This number is FREE to call round the clock

Visit: **samaritans.org**

*A registered charity*



**Dorset Open Door**  
Supporting bereavement together



**SURVIVORS OF  
BEREAVEMENT  
BY SUICIDE**



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

Call: **01258 837071**

*Cruse* Bereavement Support

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**



Bereavement support for you.

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



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

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

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 people of Dorset for Dorset

A mental wellbeing campaign by the people of Dorset for Dorset.

Visit: **lightonMH.uk**