

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

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, like weight loss, getting active, stopping smoking and cutting down on drinking.

Go to: **livewelldorset.co.uk**

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**

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** 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**.

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**.