

- If you need **CRISIS SUPPORT** call 999 or go to A&E
- If you need **URGENT HELP**
- **TEXT: Shout** - Text 'SHOUT' to 85258 for mental health support wherever you are. It's a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope
- **CALL: Connection** – Dorset's 24/7 mental health helpline - get free advice from the NHS at any time, for anyone in Dorset. Call NHS 111
- **CALL: Samaritans** – Whatever you're going through, Samaritans are on-hand to listen day and night, however big or small the problem. Call 116 123 or www.samaritans.org
- **CALL: CALM** 0800 58 58 58 5pm-midnight, daily
- **CALL: Anxiety UK**: 03444775774
- **CALL: The Mix** 0800 8084994, 4pm-11pm daily or free help line themix.org.uk
- **CALL: Child Line** 0800 11 11, 24/7
- **Young Minds** youngminds.org.uk or Text 85258
- **KOOTH** www.kooth.com

Support for young people in Dorset

- Visit www.dorsetmindyourhead.co.uk for information on free counselling and group support from Dorset Mind, as well as mental health advice and wellbeing guides
- Visit www.dorsetyouth.com for a directory of groups and activities for young people
- If you need crisis support call 999 or go to A&E
- CONNECTION 24/7 mental Health Help Line 08006520190
- MOZAIC Support for Dorset Bereaved Children and families 01258 837071

Self-referral support

Young people aged 16-18 years, who are struggling with their mental health can self-refer online to [CAMHS Gateway](#) - without going through their GP. CAMHS Gateway also provides brief interventions for symptoms such as anxiety and depression. Visit www.camhsdorset.org/about-camhs/camhs-gateway for more information.

If you're 18 and over, and you are feeling stressed, worried or low, [Steps2Wellbeing](#) can help you manage your thoughts and improve your wellbeing. Steps2Wellbeing offer free, NHS counselling, online courses and self-help without going to your GP. You can get in touch at any time on 0800 484 0500 or [self refer online](#).

Drop in for help

If you're 18 and over, you can drop into Dorset's Community Front Rooms for mental health support. Opening times can vary so visit www.dorsethealthcare.nhs.uk/access-mental-health for more information. You'll find Community Front Rooms at:

WEYMOUTH

56 St Mary Street,

Weymouth,

DT4 8PP

BRIDPORT

The Assembly Rooms,

Gundry Lane,

Bridport,

Dorset,

DT6 3RL

Bereavement support

Please don't struggle alone with bereavement. [Dorset Open Door](#) can help you find the help and support that you're looking for.

Call 01305 361 361 or email dhc.dorsetopendoor@nhs.net.