

## **Mental Health and Wellbeing**

During these times you may need some extra support. These following groups all offer support to you, but most importantly you can talk to someone to help improve your mental wellbeing.

### **For urgent help**

- **Connection – Tel: 0300 123 5440**

Connection is a 24 hour phone helpline for people of all ages in Dorset who are experiencing mental health issues and need support. Call 111 and select 'mental health' or call the above number to access support as part of the Dorset crisis Response Service. Connection also offers assessments for adults outside of CMHT operating hours.

- **Crisis response team**

Crisis teams support people who are in a crisis (for example due to psychosis, severe self-harm or suicide attempts) by giving assessments and short-term help to make sure they don't need to go to hospital. They support people in the community – which could be in your own home.

**The Crisis Response Service** is available at the following times:

5pm to 11pm – Monday to Friday

9am to 11pm – Saturdays, Sundays and Bank Holidays.

Anyone can call them on **01305 214500**.

Alternatively, contact **West Dorset – 01305 361269**

- **Dorset Mind** - <https://dorsetmind.uk/help-and-support/need-urgent-help/>  
(link contains the information above – plus lots of additional useful national groups)

Dorset Mind offers support for people who want to improve their mental health. At the moment they are running support groups for Dorchester on the 2<sup>nd</sup> & 4<sup>th</sup> Tuesday of each month from 7pm-9pm - to find out how to join, or for details of other online groups go to: <https://dorsetmind.uk/help-and-support/>

Dorset Mind have also put together a resource for if you are self-isolating due to the coronavirus:

<https://dorsetmind.uk/news/coronavirus-your-wellbeing>

- **The Samaritans** - Call: 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org)

If you need someone to talk to for any reason, then you can call the Samaritans for support. All your conversations will remain confidential and they will not be shared.

- **Silverline** – call 0800 470 8090 [www.thesilverline.org.uk/](http://www.thesilverline.org.uk/)

Silverline provides a free confidential helpline providing information, friendship and advice to older people and is open 24 hours a day, every day of the year.

- **Livewell** - [www.livewelldorset.co.uk/five-ways-challenge/](http://www.livewelldorset.co.uk/five-ways-challenge/)

Livewell have launched a virtual five-ways training programme with coaching, training, information and inspiration to 'supercharge' your wellbeing

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

Kooth have free, safe, and anonymous online support for young people aged 11-18. You can chat to a friendly counselor for support, read articles by other young people, and more.

- **Childline** – call 0800 1111 <https://www.childline.org.uk/>

Counselling for young people online or on the phone – due to Covid-19 this service is only available currently between 9am and midnight.

- **Alcoholics Anonymous** – <https://www.alcoholics-anonymous.org.uk/>

For drinking problems, concerns about someone you know, or to find a local meeting – go to the website or: Call 0800 9177650 or email [help@aamail.org](mailto:help@aamail.org)