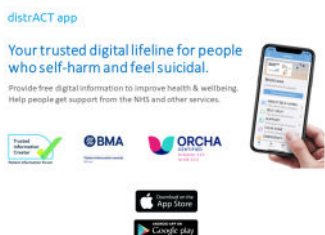


Resources for Crisis Support



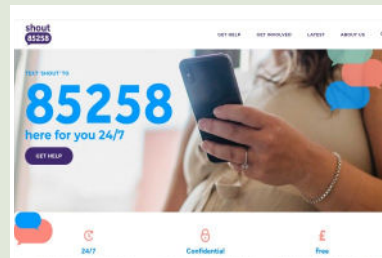
The Dorset Mental Health Forum is a charity which increases understanding of mental health, wellbeing & recovery, challenges prejudice around mental distress and trauma. They work with individuals, organisations and communities.



distrACT App is an app which can be used to access instant online help.

It is available for those aged 17+ in Dorset who are struggling to cope.

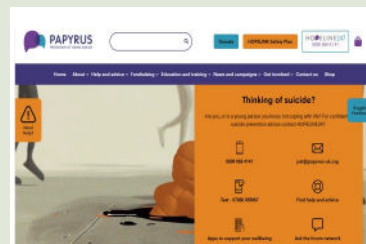
Download the app



SHOUT

A free 24/7 text service for anyone in crisis - if you are struggling to cope and need immediate help.

TEXT: 85258



Papyrus

Crisis support (35 and under) to people struggling with thoughts of suicide, and anyone worried about a young person.

Call: 0800 068 4141 (hopelineUK) weekdays 9am-10pm weekends 2-10pm



National Self Harm Network

Online support forum which provides crisis support, information and resources, advice, discussions, and distractions to support individuals who self-harm to reduce emotional distress and improve their quality of life.



Connection

A 24/7 helpline open to all ages.

Dorset residents or people visiting Dorset can call 0800 652 0190 or NHS 111 for free



The Retreat (Bournemouth and Dorchester) Open to anyone aged 18 or above, providing a safe space to seek face-to-face help and support out-of-hours. Staffed by both mental health professionals and peer specialists. There is no referral or appointment needed, just turn up. See website page for up-to-date opening times or virtual support.



Community Front Rooms (Bridport, Shaftesbury, Weymouth and Wareham)

Open to anyone aged 18+, providing a welcoming, safe space where you can discuss problems and work towards solutions with mental health professionals and peer specialists. There is no referral or appointment needed.



National helpline for crisis and there are people waiting for your call

Whatever you're going through, a Samaritan will face it with you. Available 24 hours a day, 365 days a year. Call 116 123 for free



Mind

We're here to fight for mental health. For support, for respect, for you.

Access the website for support, resources or to find the help you need.



Rethink Mental Illness

We support tens of thousands of people every year through our diverse range of mental health services and life-changing support groups. These are vital in helping people get through crises, live independently and recognise that they don't have to face mental illness alone.



NHS 111

111 will direct you to the right place to get support and help you to see someone if needed. You may be able to speak to a nurse, or mental health nurse over the phone.

If someone's life is at risk—for example if they have taken an overdose or seriously injured themselves call 999