

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 advice about combatting anxiety and maintaining your mental health during Covid-19, you can also visit the Dorset NHS pages at: www.dorsethealthcare.nhs.uk/coronavirus-1/mental-healthwellbeing-advice

Free local support

The Dorchester Trust for Counselling and Psychotherapy & Colliton Street Psychotherapy Services are offering two free specialized services during this time of crisis. www.psychotherapydorset.co.uk

KEY WORKERS in Dorset & Somerset

We are able to offer 6 short-term counselling sessions free of charge to all those of you who are working in hospitals, health care, care homes, shops, in essential service industries and as carers in people's homes. These sessions cannot be face to face and maybe by telephone, Skype or Zoom.

Please contact us in the usual way via our website www.psychotherapydorset.co.uk or by telephoning 07714 330120.

ANYONE AFFECTED BY COVID-19

If you or someone you know could benefit from a one-off talk to someone who does not know you and who has had a professional training, we have introduced a listening service.

If you contact us, we will arrange for someone to call you back. He/she will be able to listen and speak with you for 50 minutes. The service aims to help you share some of the impact on you and to regain some sense of control. It is not an advice service and cannot be an alternative to regular counselling or therapy.

Please contact us in the usual way via our website www.psychotherapydorset.co.uk or by telephoning 07714 330120.

Dorset Mind - <https://dorsetmind.uk/help-and-support/need-urgent-help/>

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 2nd & 4th 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>

They also offer lots of advice and support on their website.

For urgent help

- **Connection – Tel: 0800 652 0190**

Connection is a 24 hour phone helpline for people of all ages in Dorset who are experiencing mental health issues and need support. You do not need to be known by their services, and can also phone for support and advice about a friend or family member experiencing poor mental health. Connection can also be accessed via NHS 111.

- **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**

- **Give us a Shout – www.giveusashout.org**

Shout 85258 is a 24/7 UK text messaging service for times when people feel they need immediate support. The service is FREE to use and confidential.

Feeling suicidal?

- **The Samaritans** - Call: 116 123 or email 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.

Papyrus – Call 0800 068 4141 <https://papyrus-uk.org/>

Confidential advice for young people – national charity dedicated to the prevention of young suicide

CALM Call: 0800 585858 (5pm-midnight 365 days of the year) (web-chat also available) www.thecalmzone.net

Campaign Against Living Miserably (CALM) is a leading charity against suicide

Advice/support information to support your mental health and wellbeing.

Every Mind Matters www.nhs.uk/oneyou/every-mind-matters

Every Mind Matters is a national mental health platform from Public Health England. Visit the hub to get started with a free action plan, expert advice and practical tips for looking after your mental health.

Steps to Wellbeing - www.steps2wellbeing.co.uk

Call: 0300 790 6828 Email: dhc.west.admin.s2w@nhs.net

Steps to Wellbeing is a free, confidential service available to people aged 18+. It's run by experienced professionals who will help you take the first step towards improving your mental health. They offer a range of treatments for people experiencing problems with low mood, depression, anxiety, stress or other common mental health problems.

Support is available over the telephone, face-to-face, in groups or via the internet. Steps to Wellbeing is a self-referral service which means you can contact them directly to access their services. They also accept referrals from GPs and other healthcare professionals.

- **Silverline** – call 0800 470 8090 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.livewell-dorset.co.uk/five-ways-challenge
Livewell have launched a virtual five-ways training programme with coaching, training, information and inspiration to 'supercharge' your wellbeing

Children and young people

- **Kooth** - 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 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.

Dorset Mind Your Head (DMYH) - <https://dorsetmindyourhead.co.uk/>

Run by Dorset MIND with advice and information tailored to young people.

Alcohol issues

- **Alcoholics Anonymous** – 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