

Struggling to cope?

Feel yourself heading
towards a crisis?

Access Mental Health
offers round-the-clock help.



supporting you in a crisis

- Connection – a 24/7 telephone helpline: 0300 1235440
- The Retreat – a drop-in support service in Bournemouth and Dorchester, open 4.30pm-midnight every day
- Community Front Rooms – drop-in support services in Bridport, Shaftesbury and Wareham, open 3.15-10.45pm, Thursday - Sunday

You don't need an appointment – just call or drop in when you need support.

www.dorsethealthcare.nhs.uk/access-mental-health