

Information Sheet for People Accessing the Retreat

Welcome to the Retreat, our service aims to provide you with a safe and welcoming environment for the times when you are struggling to cope with life. Staffed by both mental health professionals and peer specialists (people who have their own lived experience of mental health issues). The Retreat will focus on peer support and your recovery, providing a complimentary approach to existing clinical services.

You can attend when you feel that you would like to try to avoid a crisis or at a time that you have already reached a crisis point. It is up to you how you define this you don't need to be referred. You do not need to phone ahead, you can just turn up and ring the front doorbell.

- **Hahnemann House, Hahnemann Road, Bournemouth, BH2 5JW**
- **30 Maiden Castle Road, Dorchester DT1 2ER**

The Retreat is open 7 days a week, 365 days a year: **4:30pm to midnight**

We would encourage you where possible to attend before 11pm in order to make best use of the service.

The Retreat is an open access service for **Adults 18** years and older who self define as either in crisis or are otherwise pre-empting crisis.

The Retreat is not able to work with people who are:

- requiring medical attention beyond basic first aid/wound care.
- intoxicated by alcohol or substances.
- displaying threatening or physically aggressive behaviour.
- under the age of 18.

What will happen during my time at the Retreat?

When attending the Retreat, you will be welcomed by a staff member and shown around the building. We will offer you a hot drink and give you time to settle in. We ask that visitors sign up to an agreement. This is to find out a little bit about yourself, clarifying what the Retreat can offer and discussing the best way to work together during the evening.

There will be the options to engage in peer support in a café style area, to take some time out in a relaxing or low stimulus environment; and/or access 1:1 Recovery-focused support with either a peer specialist or clinician. The Retreat will not offer medication or structured therapy.

In some circumstances, our staff may feel the Retreat is not the most appropriate level of support for you at this time. In these cases we may offer you an assessment which may lead to further support from other clinical services. Our priority at all times is for your safety and the safety of the people who use and work in the Retreat.



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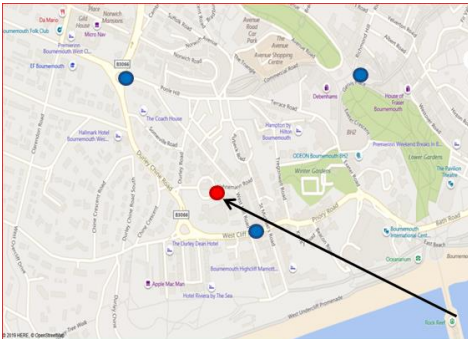
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Map to Venue & Bus Stops


Bournemouth Triangle
1, 1b, 3, 7, 18, 33, 36, 737, N5, M1, N1, M2, N2, 16, 17, 32

Bournemouth Square
1, 1a, 1b, 2, 3, 4, 4a, 5, 5a, 6, 6a, 7, 18, 33, 36, 737, N5, M1, M2, N2, 13, 16, 17, 32, 50, X1, X2, X3

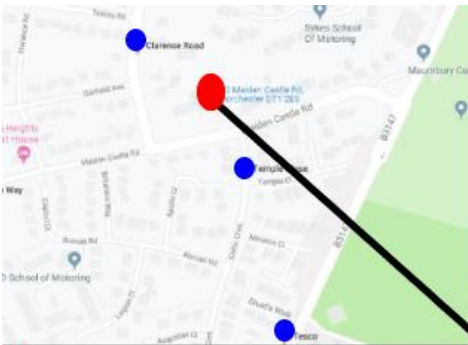
Westcliff Road 7, 50

Yellowbuses.co.uk 01202 338420

Morebus.co.uk 01202636110



- **30 Maiden Castle Road, Dorchester DT1 2ER**




Map to Venue & Bus Stops

Dorchester
1, 2, 10, 10A, 701, X12

damory.co.uk 01202 338 420

firstgroup.com/wessex-dorset-south-somerset

0345 646 0707





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	<p>Map to Venue & Bus Stops</p> <p>Bournemouth Triangle 1,1b,3,7,18,33,36,737,N5, M1,N1,M2,N2,16,17,32</p> <p>Bournemouth Square 1,1a,1b,2,3,4,4a,5,5a,6,6a, 7,18,33,36,737,N5,M1,M2, N2,13,16,17,32,50,X1,X2, X3</p> <p>Westcliff Road 7,50</p>
<p>Yellowbuses.co.uk 01202 338420 Morebus.co.uk 01202636110</p>	

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	<p>Map to Venue & Bus Stops</p> <p>Dorchester 1,2,10,10A, 701,X12</p>
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