

# Local Mental Health Support



Steps2 Wellbeing is a free NHS talking therapies service for adults over 18 years old in Dorset or Southampton. Referrals can be made for self or others, online or over the phone.

W. [www.steps2wellbeing.co.uk](http://www.steps2wellbeing.co.uk)  
T. 0800 484 0500



The Listening Ear Counselling for children and young people aged 5-19 across the BCP area.

T. 01202 980770 / 075441 65928  
E. [info@thelisteningear.org](mailto:info@thelisteningear.org)  
W. [the-listening-ear.org](http://the-listening-ear.org)



A secure and confidential text messaging service for young people aged 11-19 living in Dorset. Guidance on a range of topics is provided by Dorset Healthcare's School Nursing Team

Text—07480635511



## Connection

A round the clock helpline for people of all ages anywhere in Dorset who are experiencing mental health problems and need support.

T. 0800 652 0190



## The Retreat

A safe place to discuss your problems and access peer support.

The Bournemouth Retreat is open from 4.30-11.30pm every day

Dorchester's Retreat is open from 4.30-11.30pm Saturday-Wednesday for face-to-face drop-ins.



## Community Front Rooms

These are open to anyone over 18 who needs face to face support. Staffed by mental health professionals and peer specialists.

Bridport, Wareham and Shaftesbury are open Thursday—Sunday from 2.15—9.45pm and Weymouth is open Monday—Sunday 2.15—9.45pm



ParentLine is a confidential text messaging service providing parents and carers of 5-19 years olds in Dorset a way to seek advice from School's nursing team about their child's health and development via text. Advice can be given on a range of topics including mental health, bullying and school refusing

Text—07312263131



A local counselling service that offers donation-based community counselling for those on a low income.

T. 01202 859354  
W. [www.redlandscounselling.co.uk](http://www.redlandscounselling.co.uk)



Dorset Mind is the local offer from the nationwide organisation who offer resources, groups and 1;1 for adults and additional resources, groups and individual sessions for young people aged 11-25. Contact via messaging system on their website

W. [www.dorsetmind.uk](http://www.dorsetmind.uk)



Kooth is a free, safe and anonymous place from young people to find online support and counselling. The site is moderated and young people can access articles and keep a journal of their wellbeing.

W. [www.kooth.com](http://www.kooth.com)



Home start have a range of local centres across Dorset offering support to parents. Including support groups, individual support and mental health support. Find contact details of your local Home Start centre on their website

W. [www.home-start.org.uk](http://www.home-start.org.uk)



UP offers a service for young people in BCP covering a variety of challenges including mental health

T. 07880 480602  
W. [www.upinbcp.co.uk](http://www.upinbcp.co.uk)  
E. [UPinBCP@bcpcouncil.gov.uk](mailto:UPinBCP@bcpcouncil.gov.uk)