

Struggling to cope?

Feel yourself heading towards
a mental health crisis?

**Shaftesbury Community Front Room
is here to help.**

The Community Front Room is a welcoming, safe place where you can speak to a mental health worker or peer specialist, someone who has their own experience of coping with a crisis. We will listen and won't judge, helping you to find the right solution that supports your recovery.

No referral or appointment is needed, just come along. If you feel anxious about coming alone, bring a friend to support you.

We are open:

Thursday – Sunday 3:15pm until 10:45pm

Over 18-year-olds only

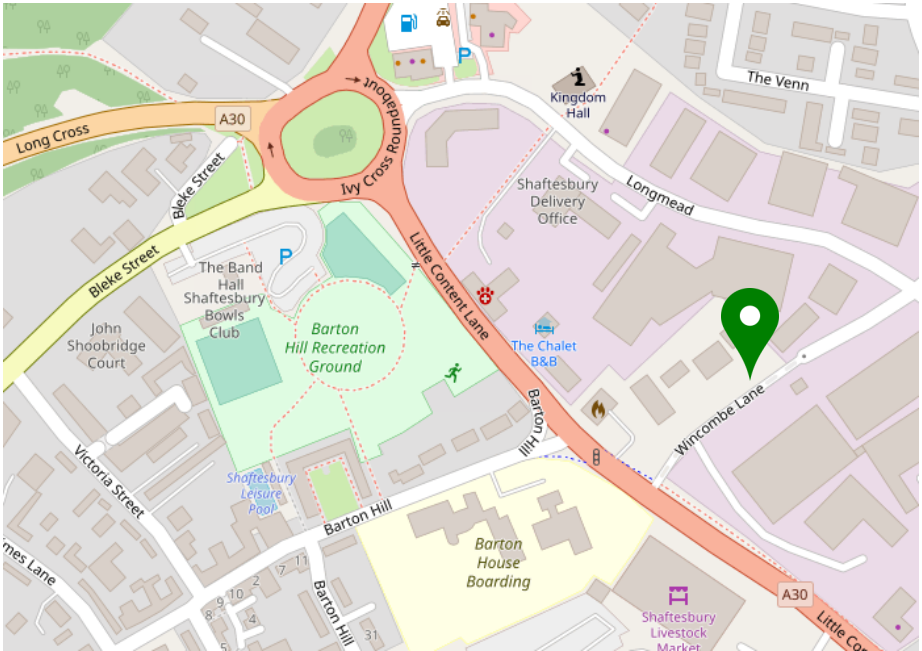
If you need urgent mental health support, please call
Connection 0300 123 5440

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



HOPE





Shaftesbury Community Front Room

Unit 4-6 Plot 25c
Longmead Industrial Estate
Shaftesbury
Dorset SP7 8PL



supporting you in a crisis

