

Struggling to cope?

Feel yourself heading towards
a mental health crisis?

**Wareham 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

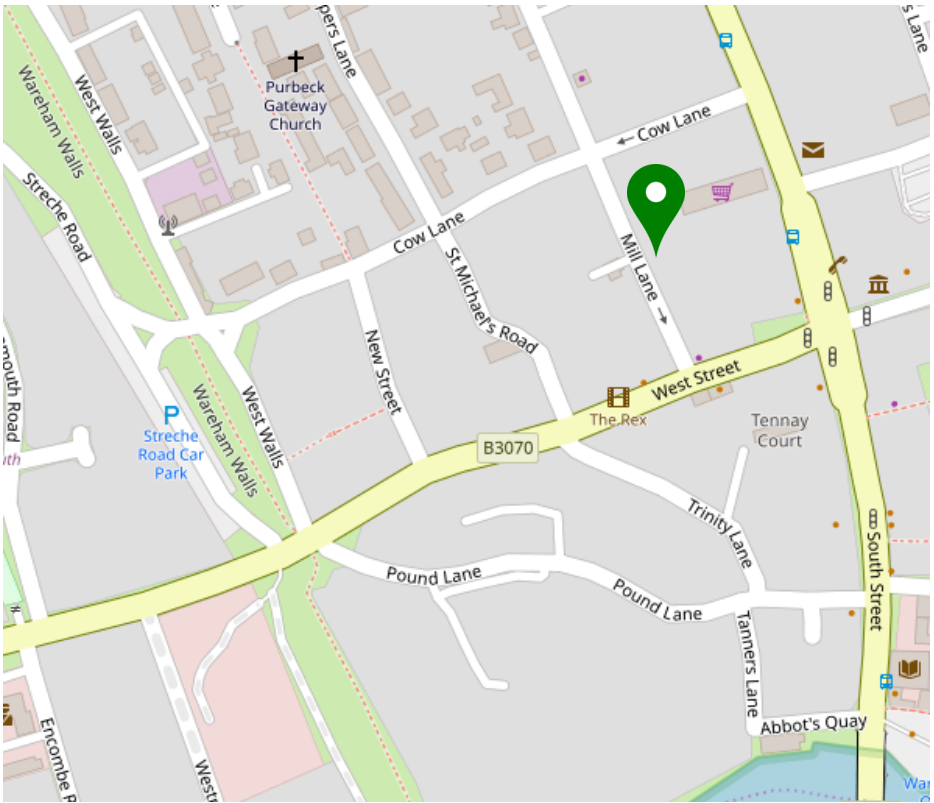
Over 18-year-olds only

If you need urgent mental health support, please call

Connection 0300 123 5440

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





Wareham Community Front Room

CAB office

Mill Lane

Wareham

BH20 4RA



supporting you in a crisis