



**SOMETIMES
KEEPING ALL THE
PLATES SPINNING
GETS TOO MUCH**

If you're struggling to cope with difficult feelings, the Retreat offers a place to pause. We offer a friendly, safe, non-judgemental space where you can talk to people who've had similar experiences to you and explore your options for moving forward. This new service is staffed by Mental Health Practitioners and Peer Workers. We are open daily.



What is the Retreat?

The Retreat is a place to pause, to be heard, take stock and reflect.

It is staffed by Mental Health Practitioners and Peer Specialists (people with their own experience of mental health issues).

The Retreat focuses on your recovery and provides a complementary approach to other clinical services.

Who can attend?

The Retreat is open to anyone aged 18 or over who self-defines as in crisis, or who wants to avoid a crisis occurring. It is also open to carers and supporters (over 18). For everyone's safety we will have to refuse access if:

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

When is it open?

The Retreat is open Monday to Sunday 4:30pm to midnight. If possible, try and arrive before 11.00pm to get the most out of your visit.

Why visit the Retreat?

Based at Hahnemann House in Bournemouth and Maiden Castle Road in Dorchester, the Retreat offers a comfortable place to talk to someone who could help you feel more in control and support you to identify tools and strategies that you may find helpful for managing your distress.



A PLACE TO PAUSE

Hahnemann House, Hahnemann Road
Bournemouth BH2 5JW

30 Maiden Castle Road,
Dorchester DT1 2ER

Open Mon-Sun 4:30pm-midnight.

the-retreat.org.uk

Connection helpline 0300 123 5440
(24/7 telephone advice and support service)