

Struggling to cope?

Access Mental Health
offers round-the-clock help.

- **Connection** – a 24/7 telephone helpline: 0800 652 0190
- **The Retreat** – a drop-in support service in Bournemouth and Dorchester, open 4.30-11.30pm
- **Community Front Rooms** – drop-in support services in Bridport, Shaftesbury, Wareham and Weymouth, open 3.15-10.45pm, Thursday - Sunday



You don't need an appointment - just call or drop in when you need support.

dorsethealthcare.nhs.uk/access-mental-health