



SOMETIMES KEEPING ALL THE BALLS UP IN THE AIR 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.



A place to recharge and reconnect, to sit, chat and take time for yourself.

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.

You don't need to make an appointment or phone ahead, you can just turn up.

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)



a place to pause