

WORRIED CRACKS ARE STARTING TO APPEAR?

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.



theretreat

a place to pause

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.

Hahnemann House, Hahnemann Road Bournemouth BH2 5JW
30 Maiden Castle Road Dorchester DT1 2ER

Open Mon-Sun 4:30pm-midnight.

You don't need to phone ahead, you can just turn up.

the-retreat.org.uk

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



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The Retreat is an initiative of the Dorset
Wellbeing and Recovery Partnership, the
partnership between Dorset HealthCare
and Dorset Mental Health Forum.

