



Struggling to cope?

Feel yourself heading towards
a mental health crisis?

**Bridport Community
Front Room is here to help.**

It is a welcoming, safe space where over 18s can speak to a mental health worker or peer specialist. We will listen and won't judge, helping you to find the right solution that supports your recovery.

You don't need a GP referral or an appointment – just come along and ring the doorbell for a face-to-face drop-in appointment.



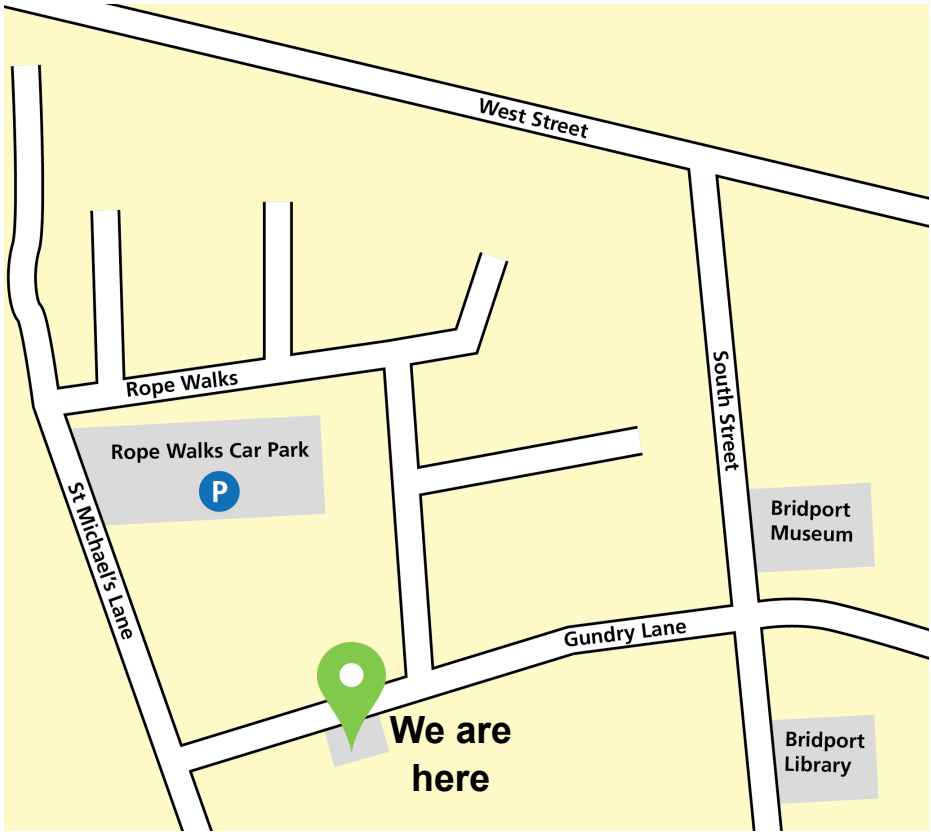
The Assembly Rooms, Gundry Lane, Bridport, DT6 3RL
Thursday to Sunday, 3.15 – 10.45pm



Virtual drop-in appointments are also available.
www.dorsethealthcare.nhs.uk/access-mental-health



If you need urgent mental health support please call
Connection 0800 652 0190.



Bridport Community Front Room

The Assembly Rooms

Gundry Lane

Bridport

Dorset DT6 3RL

07385 290804



supporting your mental health