



**Dorset HealthCare
University**
NHS Foundation Trust

Struggling to cope?

Feel yourself heading towards
a mental health crisis?

**Weymouth 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.

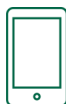
You don't need a GP referral or an appointment – just come along and ring the doorbell for a face-to-face drop-in appointment.



56 St. Mary Street, Weymouth, DT4 8PP
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.



Weymouth Community Front Room

56 St Mary Street

Weymouth

DT4 8PP

07966 808845



supporting your mental health

