



**Dorset HealthCare
University**
NHS Foundation Trust

Struggling to cope?

Feel yourself heading towards
a mental health crisis?

**Wareham 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.



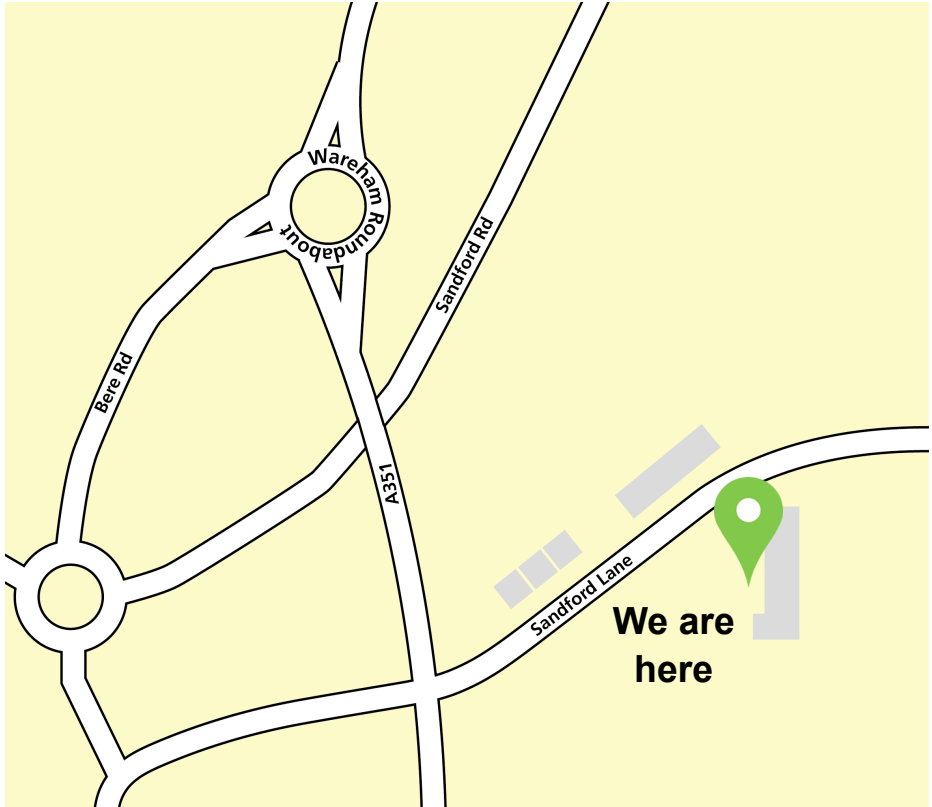
Unit 1, Leanne Business Centre, Sandford Lane,
Wareham, BH20 4DY
Thursday to Sunday, 3.15 – 10.45pm



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.



Wareham Community Front Room

Unit 1, Leanne Business Centre,
Sandford Lane,
Wareham,
BH20 4DY
07971 614931

