

24/7 telephone support



Connection

Mental health support from the NHS at any time, for anyone in Dorset.

☎ 0800 652 0190



Samaritans

On-hand to listen, day and night.

☎ 116 123

🔍 Visit [samaritans.org](https://www.samaritans.org) for other ways to get in touch



Text 'SHOUT' to 85258
24/7 mental health support wherever you are, via text.

Supporting others



It can be difficult to know what to say when someone is having a tough time – but one of the most important things you can do is just listen. The **Samaritans** recommend using the **SHUSH** technique:

Show you care:

Focus on the other person, make eye contact, put away your phone

Have patience:

It may take time and several attempts before a person is ready to open up

Use open questions:

Use questions that need more than a yes/no answer, and follow up with questions like 'Tell me more'

Say it back:

Check you've understood, but don't interrupt or offer a solution

Have courage:

Don't be put off by a negative response and, most importantly, don't feel you have to fill a silence

Learn more about how to support others who are struggling at: [samaritans.org](https://www.samaritans.org)

Support is always within reach

Wherever you are and whatever you're facing, you're not alone



West Dorset

🔍 lightonmh.uk/withinreach

lighton
BUILDING MENTAL WELLBEING TOGETHER

Money worries



Bridport & District Citizens Advice

📍 South Street, Bridport

☎ 0800 144 8848

✉ advice@bridport-cab.org.uk

Step Change Debt charity

Free and impartial debt advice

☎ 0800 138 1111

National Debt Line

Guidance from the Money Advice Trust

☎ 0808 808 4000

🔍 nationaldebtline.org

Support in your community



Face-to-face support and activities for anyone struggling or facing mental health difficulties:

Social prescribers

The Jurassic Coast social prescribers connect people in West Dorset to community groups and services, including support with social isolation, wellbeing, bereavement and anxiety.

☎ 01308 428943

✉ jcsocialprescribing@dorsetgp.nhs.uk

Or ask at your GP practice

Burrough Harmony Centre, Bridport

Peer support | Information | Activities

☎ 07597 379290

✉ harmonyinfo@harmonydropin.org.uk

📍 Assembly Rooms, Gundry Lane

Community Front Room, Bridport

Drop in for crisis mental health support

☎ 07385 290804

📍 Burrough Harmony Centre

🔍 See dorsethealthcare.nhs.uk/access-mental-health for opening times

Steps2Wellbeing

Self-refer for NHS therapy and support:

🔍 steps2wellbeing.co.uk/self_referral

Bereavement support



Support is available if you are struggling with loss or grief:

Cruse bereavement support

☎ 0808 808 1677

🔍 cruse.org.uk

Dorset Open Door

☎ 01305 361 361

✉ dhc.dorsetopendoor@nhs.net

Support for farmers

The Farming Community Network (FCN) is here for you. Call to talk to a sympathetic person who truly understands farmers and rural life.

☎ 03000 111 999
(7am to 11pm)

✉ help@fcn.org.uk



Wellbeing activities

Find activities and groups to give your wellbeing a boost:

Get active:

🔍 livewelldorset.co.uk/get-active

Social events and activities:

🔍 marshwoodvale.com

Nature-based wellbeing:

🔍 picnicintheparks.org

