Supporting others



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.

L 116 123

Q Visit samaritans.org for other ways to get in touch



Text 'SHOUT' to 85258

24/7 mental health support wherever you are, via text.



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'

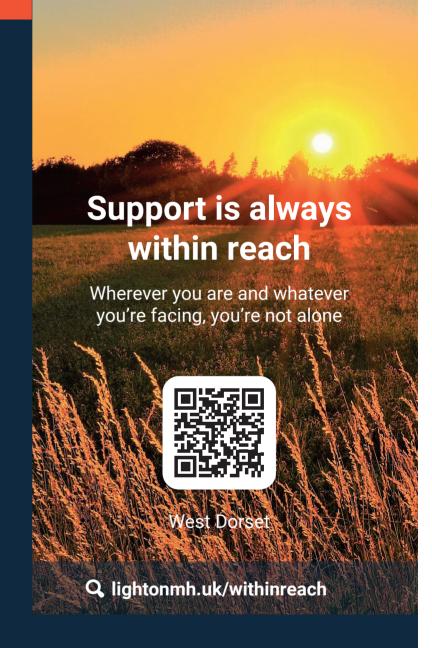
Say it back:

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**







Bridport & District Citizens Advice

advice@bridport-cab.org.uk

Step Change Debt charity

Free and impartial debt advice

National Debt Line

Guidance from the Money Advice Trust • 0808 808 4000 • nationaldebtline.org

Support for farmers





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.

C01308 428943

☑ jcsocialprescribing@dorsetgp.nhs.uk
Or ask at your GP practice

Burrough Harmony Centre, Bridport

Peer support | Information | Activities \ 07597 379290

Community Front Room, Bridport

Drop in for crisis mental health support \$\square\$07385 290804

● Burrough Harmony Centre

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

Steps2Wellbeing

Self-refer for NHS therapy and support: Q steps2wellbeing.co.uk/self_referral



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

Cruse bereavement support

4 0808 808 1677 **4** cruse.org.uk

Dorset Open Door

C 01305 361 361

■ dhc.dorsetopendoor@nhs.net

Wellbeing activities

