

Mental Health Support

Low/ Moderate level

<https://www.nhs.uk/oneyou/every-mind-matters>

Connections 24/7 - 0300 123 5440.

dhc.recovery.educationcentre@nhs.net or 01202 584478 for workbooks

<https://dorsetmind.uk/>

<http://www.sane.org.uk/>

<https://www.rethink.org/help-in-your-area/>

<https://www.headspace.com/meditation/benefits>

<https://www.thecalmzone.net/help/get-help/mental-health/>

<https://www.steps2wellbeing.co.uk/>

Samaritans 116 123.

111 and ask to speak to a mental Health practitioner

Connections 0300 123 5440

Significant Level

Angie McHale Homeless Health MH Nurse 07771397242 (working Hours)

Katie Bathie, Homeless Health MH Nurse 07824407237 (working Hours)

24/7– Connections 0300 123 5440

Samaritans 116 123

111 and speak to MH Practitioner