

Signposting		
Name	Description	Contact details/ Referral pathway
Abuse		
Acts Fast	Support for non-abusive parents/carers of sexually abused children. Runs a Parent & Carer Support Group and runs drop in sessions The aim of this parent & carer support group is to: •Respond to the recognised needs of distressed parents and carers of sexually abused children •Enable non-abusive parents and carers of sexually abused children to	support@www.actsfast.org.uk Tel: 01202 797217 Text: 07468 694 068 Email:mandy@actsfast.org.uk Website: http://www.actsfast.org.uk/actsfast-contact/ Drop –in Sessions: Townsend Children’s Centre, Jewel Road, Townsend, Bournemouth, BH8 0LT
Butterfly Foundation	Uses performance arts. Victims of domestic violence.	Tel: 01202 463016
CISters (Surviving Rape and/or Sexual Abuse)	Helpline for female adult survivors of childhood rape/sexual abuse - answerphone monitored daily, callers can choose to leave their name and phone number and will be called back	02380 338080 - Answerphone admin@cisters.org.uk

Domestic Abuse Intervention Training (DAIT)	<p>Freedom: This is a free 10 week course which runs for two hours once a week. This course is suitable for women who have left an abusive relationship <u>or are still in an abusive relationship</u>. It helps them to consider what has happened and helps women identify abusive behaviour. The course is developed so that each session stands alone and can be joined at any time. W</p> <p>Recovery Toolkit - Trauma Focused CBT this 12 week course is suitable for men or women who are not currently in an abusive relationship but have previously experienced domestic abuse. The aim of the course is to empower clients with lifelong skills, tools and techniques to effectively make healthy choices for their future.</p>	<p>Pauline Collier – Course Facilitator: 07747705916 Jo Keane - Course Facilitator: 07826077525 dait@talktalk.net</p>
Dorset action on abuse	<p>Support for men and women who are survivors of childhood abuse (physical, sexual, emotional). Self help groups, 1:1 counselling, group therapy (currently long waiting list for counselling but able to access other parts of service).</p>	<p>Tel: 01202 732424 Email: daacharity@gmail.com Web: www.dorsetactiononabuse.org.uk</p>
Dorset rape crisis support	<p>Dorset Rape Crisis Support Centre is a voluntary organization run for men, women, young people over 16 who have been raped or sexually abused.</p>	<p>Help Line Tel: 01202 308855 General Enquires: 01202 308840 Counselling Enquiries: 01202 308847 Independent Sexual Violence Advice (ISVA) Enquiries 01202 308858</p> <p>Monday 1pm - 3pm Tuesday 10am - 12pm Wednesday 7:30pm - 9:30pm Thursday 7:30pm - 9:30pm Friday 7:30pm - 9:30pm Saturday 4pm - 6pm</p> <p>Web: www.dorsetrapecrisis.org</p>

HAVOCA (Help for Adult Victims of Child Abuse)	Run by survivors for adult survivors of child abuse. Offer on line resources (not a telephone support service)	https://havoca.org/
Hurting 2 Healing (old Dorset Action on Abuse)	Support for men and women who are survivors of childhood abuse (physical, sexual, emotional – under the age of 16). Self-help groups, 1:1 counselling, group therapy (currently long waiting list for counselling but able to access other parts of service.	https://hurting2healing.org.uk/ Tel: 01202 732424 Email: info@hurting2healing.org.uk
Mankind initiative	Helpline for men suffering domestic violence.	Tel: 01823 334 244 Web: www.mankind.org.uk
Men's advice line	Advice and support for men experiencing DV (hetero, gay and bi sexual). Freephone number.	Tel: 0808 801 0327 Email: info@mensadvice.org.uk
MOSAC	National helpline that offers support to non-abusing parents and carers of children who have been abused.	www.mosac.org.uk National Free Helpline: 0800 980 1958 If you can pay please call our helpline on: 020 8293 9990 Email: enquiries@mosac.org.uk
MOSAC (Mothers of Sexually Abused Children)	Supporting all non-abusing parents and carers whose children have been sexually abused.	0800 980 1958 www.mosac.org.uk
NAPAC	National helpline to give telephone counselling for people who have been sexually abused in childhood.	Tel: 0808 801 0331 (Monday - Thursday 10am - 9pm, Friday 10am - 6pm) Web: www.napac.org.uk

National Centre for Domestic Violence	<p>Men and women's emergency service</p> <p>The Freephone 24 Hour National Domestic Violence Helpline, run in partnership between Women's Aid and Refuge, is a national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf.</p> <p>The Helpline can give support, help and information over the telephone, wherever the caller might be in the country. The Helpline is staffed 24 hours a day by fully trained female helpline support workers and volunteers. All calls are completely confidential. Translation facilities for callers whose first language is not English, and a service for callers who are deaf or hard of hearing are available</p>	<p>Tel: 0800 970 2070</p> <p>http://www.nationaldomesticviolencehelpline.org.uk/</p>
National DV Helpline		0800 2000247
Pattern changing course (BCHA)	<p>Poole Domestic Abuse Project run Pattern Changing programmes across the Borough of Poole. Any woman aged 16 and over who has been subjected to any form of domestic abuse and has a local connection to Poole can sign up to the course.</p>	<p>Poole Domestic Abuse Project:</p> <p>Tel: 01202 710777</p> <p>Email: pdapoutreach&familyintervention@bcha.org.uk</p> <p>For more information about Pattern Changing courses in Dorset, contact Breakthru:</p> <p>Tel: 01202 410500</p> <p>Email: breakthru@bcha.org.uk</p>
PODS: Positive Outcomes for Dissociative Survivors	<p>A project of Survivors Trauma and Abuse Recovery Trust (START). PODS works to make recovery from dissociative disorders a reality through training, information and support. Contact to make appointments</p>	<p>Helpline 0800 181 4420 Tuesday 6-8pm</p> <p>mail@start-online.org.uk</p> <p>info@pods-online.org.uk</p> <p>www.start-online.org.uk</p> <p>www.pods-online.org.uk</p>

Poole domestic abuse project	Refuge DV outreach and DV family intervention. Need to send referral forms.	Tel: 01202 710777 24hr help line: 01202 748488
Rape Crisis	Support for women and girls. Current sexual assault or previous. Free helpline.	Tel: 0808 802 9999 (12pm - 2:30pm, 7pm - 9:30pm)
Reducing the Risk	Information on a range of different abuse types, includes information for perpetrators	http://www.reducingtherisk.org.uk/cms/content/perpetrators/contact@reducingtherisk.org.uk
Respect	Information and advice for DV abusers and male victims. Freephone number. Support for men who abuse their female partners	Tel: 020 7549 0578 (General enquiries) Tel: 0808 802 4040 (DV abusers) Tel: 0808 801 0327 (Male victims) Web: www.respect.uk.net http://respectphoneline.org.uk/help-information/male-domestic-violence-perpetrators/
Safeline	Specialist charity working to prevent sexual abuse and to support those affected in their recovery. See website for details of different helplines and times of operation	https://www.safeline.org.uk
SAIL - Sexua abuse and incest line	Helpline 1pm-4pm	01246 559889
Samaritans		116 123
Support Line	Confidential emotional support to children, young adults and adults by telephone, email and post. Specialises in providing emotional support for adult survivors of childhood sexual abuse and anyone who has been raped/sexually assaulted.	Tuesday, Wednesday and Thursday 5-7.30pm www.supportline.org.uk
Survivors UK Helpline Web Chat	National helpline for adult male survivors of rape or sexual abuse (Monday-Friday 10.30am-9pm, Saturday-Sunday 10am-6pm)	www.survivorsuk.org
SV2 Supporting Victims of Sexual Violence	Helpline Monday - Friday 8am - 5pm	01773 746115 help@sv2.org.uk

The Change Project	From Early Intervention (STEP) to Domestic Violence Perpetrator Programmes Change delivers community based domestic violence perpetrator programmes which include a dedicated Integrated Support Service for victims of domestic abuse and their children. It is a Respect Accredited programme for men who want to stop being abusive towards intimate partners. Change also delivers individual programmes which work with abuse perpetrated by women and within same sex relationships.	https://www.thechange-project.org/domestic-abuse/ Telephone 01245 258 680 Text 07841 999 342 Email tcp@thechange-project.org
The End of Fear	Support for victims and perpetrators of domestic violence	http://www.endthefear.co.uk/help-if-you-are-hurting-someone/ 0800 2000 247
The Lucy Faith Foundation	The Lucy Faithfull Foundation is the only UK-wide child protection charity dedicated solely to preventing child sexual abuse.	https://www.lucyfaithfull.org.uk/ 0800 1000 900
Mankind initiative	Charity for men experiencing domestic violence by their current or former partner wife or partner (including same sex partner)	Telephone: 01823 334244 weekdays 10am- 4pm http://new.mankind.org.uk/
Men's advice line	Advice and support for men experiencing DV (hetero, gay and bi sexual)	Call us Monday - Friday 9am-5pm on Freephone 0800 801 0327 Email: info@mensadviceline.org.uk
The National Association for People Abused in Childhood (NAPAC)	Helpline Monday-Thursday 10am-9pm, Friday 10am - 6pm	http://www.mensadviceline.org.uk/
National Centre for Domestic Violence (updated 09/05/	Is a national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf.	24 hour Freephone number: 0800 2000 247

The Shores	Sexual assault referral clinic (SARC). Access to crisis support workers, forensic nurse/doctor, specifically trained offer if wishes to involve the police and independent sexual violence advisors. Can provide sexual health screening and also collect forensic evidence (if assaulted in past 10 days).	Tel: 01202 552056 (24 hour number) Email: info@the-shores.org.uk Web: www.the-shores.org.uk
The Shores-Dorset SARC (Sexual Assault Referral Centre)	The shores is available to men, women and children who live or have been raped or sexually assaulted within Dorset. They are contactable 24 hours a day, seven days a week, 365 days a year. They offer a safe and non-judgemental environment which focuses on the needs of you, the individual.	Telephone: 01202 552056 Email: info@the-shores.org.uk Website: http://www.the-shores.org.uk/ (There is a “hide” button on this website which takes users straight to google)
The Survivors Trust	UK Wide national umbrella agency for 130 specialist organisations for support on the impact of rape, sexual violence and childhood sexual abuse throughout the UK and Ireland	0808 801 0818 www.thesurvivorstrust.org
Women’s aid	Charity for women and children experiencing domestic violence. 24 hour freephone number.	Tel: 0808 2000 247
You First	Dorset County integrated Domestic Abuse Service Dait is running courses (freedom programme and Recovery toolkit)	0800 0325204 07747 705916 (Joe and Pauline) dait@talktalk.net
Advocacy		

Dorset Advocacy	Provides advocacy support for those with long term health conditions and/or learning difficulties	https://www.dorsetadvocacy.co.uk Unit 13-15 Jubilee Court, Paceycombe Way, Poundbury, Dorchester, Dorset DT1 3AE Telephone: 01305 251033 Email: enquiries@dorsetadvocacy.co.uk
Dorset Mental Health Forum	Provides advocacy support for Steps2Wellbeing Service Users	29-29A Durngate Street, Dorchester, DT1 1JP Telephone 01305 257172 Email admin@dorsetmentalhealthforum.org.uk

**Asylum seekers/
refugees**

Dorset Race Equality Council	<p>Dorset Race Equality Council (Dorset REC) is a registered charity (No: 1104642) and a company limited by guarantee (No: 5018604). It is an independent and impartial membership body.</p> <p>We inform and educate regarding race/ethnic relations.</p> <p>Eliminate and counter misunderstanding and negative political propaganda.</p> <p>Raise awareness of race/ethnic equality issues with both public sector organisations and private businesses.</p> <p>Challenge prejudice and disadvantage and promote the importance of a diverse society.</p> <p>Inform minority ethnic individuals of their rights.</p> <p>Strengthen community relations in Dorset.</p> <p>Work with partner organisations to influence policy and combat racial discrimination and racial violence.</p> <p>Uphold both the letter and the spirit of UK and EU law.</p>	<p>http://www.dorsetrec.org.uk/</p> <p>Dorset Race Equality Council, The Link, 3-5 Palmerston Road, Boscombe, Bournemouth BH1 4HN</p> <p>Phone: 01202 392954</p>
Freedom from torture	Provide direct clinical services to survivors of torture who arrive in the UK.	<p>Tel: 02076 977777</p> <p>Web: www.freedomfromtorture.org</p>
Freedom from Torture	<p>Freedom from Torture provides support to adults, young people and children who have survived torture and organised violence.</p> <p>We provide counselling, group therapy and ongoing support.</p>	<p>https://www.freedomfromtorture.org/</p> <p>Tel: 020 7697 7777.</p> <p>111 Isledon Road, Islington, London, N7 7JW</p>

International Care Network	ICN is based in the Bournemouth area and is a charity which provides a warm welcome for members of the refugee and migrant communities. We help them to overcome obstacles in settling here. We help them by giving them advice and support on immigration, employment and in finding accommodation. In addition, we offer English classes for those who are not able to access mainstream education.	200 Holdenhurst Rd. Bournemouth BH8 8AS 01202 589395 http://icn.org.uk/
Red Cross Refuge	We help refugees and asylum seekers access essential services and adapt to life in a new country	The Link, 3-5 Palmerston Road Boscombe, Bournemouth BH1 4HN Tel: 07738 944626
Refugee council	Free advice for asylum seekers and refugees.	Tel: 02073 466700 Web: www.refugeecouncil.org.uk
Bereavement Counselling:		

Child Death Helpline	Freephone service for anyone affected by the death of a child. All volunteers are bereaved parents. Death of child of any age regardless of how long ago	Helpline: 0800 282 986 / 0808 800 6019 (mobile friendly) Our confidential helpline is open every day of the year. Monday to Friday 10am to 1pm Tuesdays 1pm to 4pm Wednesdays 1pm to 4pm Every evening 7pm to 10pm Can also make contact via form on webpage. contact@childdeathhelpline.org http://childdeathhelpline.org.uk/
Compassionate friends	Support and information for parents and families after a child dies. Our Helpline is always answered by a bereaved parent who is there to listen when you need someone to talk to. They can also put you in touch with your nearest 'Local Contact' and provide you with information about our services. The Helpline also offers support and information to those supporting bereaved families.	Helpline: 0345 123 2304 – Open daily 10-4pm everyday Email: helpline@tcf.org.uk Information: info@tcf.org.uk http://www.tcf.org.uk/
Cruse	Support for grief and bereavement. Telephone, email or F2F. Services in Dorchester and Bournemouth. They see clients on a Thursday in Boscombe at The Boscombe Manor Medical Centre, 40 Florence Road, Boscombe, BH5 1HQ	Tel: 0844 477 9400 (National Helpline) Dorchester Tel: 01305 260216 Email: dorset@cruse.org.uk Web: www.cruse.org.uk Bournemouth Tel: 01202 302000 (Thursdays only - but can leave voicemails) Email: newforest@cruse.org.uk

Gamcare	Donations based counselling.	Tel: 01202 740044
Mosaic	Mosaic is a Dorset wide charity offering a pathway of support to bereaved children, young people and their families. We also work with young people who are facing	Telephone (01258) 837071 Email info@mosaicfamilysupport.org http://www.mosaicfamilysupport.org.uk/
Survivors of Bereavement by Suicide	Provides emotional and practical support. Telephone, group and email support.	Tel: 08445 616855 (9am - 9pm) Web: www.uk-sobs.org.uk
The compassionate friends	Helpline that provides support for parents and families after a child dies. The line is answered by a bereaved parent.	Tel: 0845 123 2304 (10am - 4pm, 7pm - 10pm, daily) Web: www.tcf.org.uk
Way Up	Way Up is an active self help group aimed at providing mutual support to those widowed their 50's and 60's. We are based in the UK but are open to members from all over the world.	Online forum: http://www.way-up.co.uk/ - Join Us tab E-Mail info@way-up.co.uk with any specific
Widowed and Young (WAY)	WAY is the only national charity in the UK for men and women aged 50 or under when their partner died. It's a peer-to-peer support group run by a network of volunteers who have been bereaved at a young age themselves, so they understand exactly what other members are going through.	https://www.widowedandyoung.org.uk/about/what-is-way/ Contact via website Membership costs £25/year membership@widowedandyoung.org.uk https://www.widowedandyoung.org.uk/way_members/register/
Winston's wish	Childhood bereavement charity. Support and advice for children who are grieving up to age of 18.	Tel: 08452 03 04 05 Web: www.winstonswish.org.uk
Bullying		
DABS Anti-Bullying Service	Support around bullying-offers some counselling.	Tel: 07754296658 Email: info@dabsonline.org Web: www.dabsonline.org

Carers/support groups:		
Access Dorset	Carers - Activity service. Provides free activities for carers in Dorset	01202 771336 www.accessdorset.org.uk
Adult Community Services		01305 221016
Alliance counselling	Free/low cost counselling in lower parkstone	Tel: 01202 722336 Email: info@alliancecounselling.com Web: www.alliancecounselling.com
BABCP	Can contact to find private counsellor	Tel: 0161 7054304 Email: babcp@babcp.com Web: www.babcp.com
Blind and Partially Sighted	Weymouth Community Safety Centre, Radipole Lane Wednesdays 1.30-4.00 - Bingo and excursions	Jenny Clift 01305 787065
Bournemouth and Poole Bipolar Support Group	Peer support group for people with Bipolar. Group runs on the first Wednesday of every month at 7:30pm. Venue: Gatehouse, Poole Park, Sandbanks Road (opposite the Poole Council Offices) Poole, BH15 2SF	Web: www.bipolaruk.org.uk
Breath Easy Dorset (Weymouth)	Meets 2nd Wed of the month 2.30-4.30 at the Weymouth Community Safety Centre, Radipole Lane.	Maurice 835520, Myra 773497, Dolly 07881026357
Carers Direct	A free telephone advice line open 7 days a week providing a comprehensive advice service for carers wanting information and advice on a range of topics including benefits, how to care and support, carer breaks, housing and equipment.	0808 802 0202 www.nhs.uk/carersdirect
Carers support programme	Run by St Johns to help people in caring role. Free training programme offering advice on caring skills, safe manual handling, first aid skills, accessing support for carers and managing stress. Programmes run in various locations.	Tel: 01305 751160

Carers UK	Free advice and information service for carers. Carers UK aim to be the voice of carers and the leading campaigning, policy and information organisation for carers.	0808 808 7777 www.carersuk.org Open Monday & Tuesday 10am to 4pm. Note: listening service available Mondays and Tuesdays, from 9am to 7pm
Crohns and Colitis UK	We're the UK's leading charity in the battle against Crohn's Disease and Ulcerative Colitis. Founded as a patients' association in 1979, we now have 39,500 members across the UK. Includes IBS. 50 local networks	0300 222 5700 https://www.crohnsandcolitis.org.uk/get-involved/volunteering/local-network/south-west/dorset-west-hampshire crohnsandcolitis.org.uk/dorset Email networks@crohnsandcolitis.org.uk
C'siders	Weymouth and Portland Cancer Support Group - meet 1st and 3rd Monday of the month at Wyke Smugglers, 76 Portland Road, Wyke Regis, Weymouth 7.30-9pm	Telephone 07430 695462 Email info@csiders.org Website www.csiders.org
Depression Alliance	Self-help groups open to anyone affected by depression. Meet on the 1st and 3rd Wednesday of the month 7:30pm - 9pm. Socials on the 5th Wednesday of the Month. Art and wellbeing groups run weekly. Groups based at Swanage.	Tel: 07766352062 (Nick) Email: nickviney@hotmail.com Email: suzanne@artworkshop.org.uk Web: www.depressionalliance.org
Dorchester and Weymouth Branch of Epilepsy Action	Meet Suttons Coffee Shop, St Alban Street, Weymouth on the 4th Thursday of the month 10.30-11.30	

Dorchester Coeliac Support Group	<p>Local Group, situated in the heart of Thomas Hardy country. Our area extends from Lyme Regis in the West, to Portland in the South, Yeovil in the North and Broadmayne in the East.</p> <p>We hold 2 main meetings each year - usually in March and September, with various other social and fundraising events inbetween. Some of our regular events include a Bric-a-Brac stall on Weymouth Seafront every summer, Fish and Chip supper and a Christmas Meal!</p> <p>The group is open to all ages (we have a small number of children with Coeliac who attend regularly) and to sufferers of Dermatitis Herpetiformis and those with no formal diagnosis of Coeliac.</p> <p>We also produce at least 3 newsletters a year, detailing forthcoming events and other information which we think you may find useful, including a list of local Gluten Free Friendly places to eat!</p>	https://www.coeliac.org.uk/local-groups/dorchester/ dorchester@coeliac.org.uk
Dorset Adult Asperger's Support	<p>Meeting for carers and adults affected by Asperger's Syndrome. See website for main speakers/events at meetings.</p> <p>Venue: The Retreat, Talbot Campus, Bournemouth University, BH12 5BB</p>	<p>Tel: 07789521758 Tel: 07818073390</p>
Dorset Cardiomyopathy Support Group	<p>The meeting was held at Dorford Centre (Dorchester Baptist Church), Bridport Road, Dorchester, DT1 1RR.</p>	<p>https://www.cardiomyopathy.org/shared-experiences/dorset-support-group Contact Jo Franks, Support Group Manager jo.franks@cardiomyopathy.org 01305 457750 or 01494 791224</p>
Dorset Carers Hub	<p>Carers assessment and support groups</p>	<p>www.mylifemycare.com/dorset-carers</p>

Dorset Kidney Fund	Support for renal patients throughout Dorset.	Diana Crowder 01305 834954 Sue Bithell 01305 269293
Help and Care Carers Support	If you are caring for someone, most likely you will need support, either to help you in your role as a carer, or to cope with the emotional and practical effect that it has in your own life.	Help and Care 0300 1113303 https://www.helpandcare.org.uk/ contact@helpandcare.org.uk
Lip reading and communication skills Weymouth class	Term time - Monday 12.30-2.30 The Frank Reynolds Community Centre, Dorchester Road, Weymouth	email elizabeth.ian.messer@gmail.com
Living with Bipolar	Support course for family and friends of people diagnosed with Bipolar Disorder	Contact: David O'Loughlin: david.o'loughlin@dhuft.nhs.uk
Mencap	Supporting people with learning disabilities and their families/carers.	Tel: 0808 808 1111 Email: help@mencap.org.uk Web: www.mencap.org.uk
MNDA (Motor Neuron Disease Association) West Dorset Office	The Motor Neurone Disease Association is the only national charity in England, Wales and Northern Ireland focused on improving access to care, research and campaigning for those people living with or affected by MND.	Contact Rose Amey 01305 788341 Email westdorset@mndassociation.org
Obsessions together	Local support group for people with OCD. Group is run quarterly, on a third Wednesday from 7pm - 9pm. Venue: East Gate Lodge Poole Park 104 Parkstone Road Poole BH15 2NZ	Tel: 07837179760 Web: www.ocdaction.org.uk

Parkinson's UK	Provides support for those living with Parkinsons. Poole St George's Church Hall, 99 Darby's Lane, Poole, BH15 3EU (2:30pm - 4:30pm on the 3rd Saturday of the Month) Weymouth Bincombe Court, Hamilton Close, Weymouth, DT3 6RG (2:30pm - 4:15pm on the 2nd Saturday of the month) Dorchester Magna Community Room, Lubbecke Way, Dorchester, DT1 1QL (2:30pm on the 4th Friday of the month)	Tel: 0808 800 0303 Web: www.parkinsons.org.uk
Princess Royal Trust for Carers	Phoneline and Interactive website provide quality information, advice and support regarding a wide variety of issues for carers	0844 800 4361 www.carers.org info@carers.org (general enquiries)
Remap Dorchester	provides custom-made equipment for disabled people. Our skilled volunteers provide innovative, practical solutions to everyday challenges encountered by disabled people. We cover an area from Bridport to Swanage , to mid Dorset.	https://dorchester.remap.org.uk/ Mike Cowley on 01305 267860 or at remapdorchester@gmail.com
Richmond Fellowship	Offers support to people with mental health problems. Supported housing (Bournemouth). Community support, including recovery focused activities, training, 1:1 support, carer support (East Dorset & Poole).	Supported Housing - Bournemouth Tel: 01202 417971 Community Support Tel: 01202 496 267 (East Dorset) Tel: 01202 749 658 (Poole) Web: www.richmondfellowship.org.uk
Weymouth Carers Group	Meet 3rd Tuesday every month at the Royal Hotel on the Esplanade. For information contact the Carers Lead at your GP surgery	
Weymouth Stroke Support Group	Alternate Tuesdays 1030 for coffee at Weymouth Bay Methodist Church, Melcombe Avenue	Donna Bar 0756 5175165
Rethink Careers Support Group	Vivo Lounge Snug, Dorchester 1st / 3rd Tuesday of every month 13.00 - 14.30	Olivia.steven@rethink.org 07436 790489

Counselling:		
7 Cups	Free, anonymous and confidential online text chat with trained listeners, online therapists & counselors	https://www.7cups.com/
Anxiety UK	CBT and counselling - patient buys a package of support	https://www.anxietyuk.org.uk/ Text Service: 07537 416 905 Infoline: 03444 775 774 Mon-Fri 9:30am - 5.30pm
Bournemouth University	Support for students at Bournemouth University. Offers support from a wellbeing advisor or a counsellor. Also offer workshops.	Tel: 01202 965020 (voicemail out of hours/vacations) Email: Facilitatorwellbeing@bournemouth.ac.uk
College of Sexual and Relationship Therapy	Directory for accredited psychosexual therapists and relationship counsellors	https://www.cosrt.org.uk/
It's Good to Talk (BACP)	Website to find accredited BACP private counsellors and psychotherapists (linked to BACP website).	www.itsgoodtotalk.org.uk Telephone: 01455 883300
Redlands	Covers Bournemouth, Poole and Ringwood. offer affordable counselling to those on a low income – donation based.	Tel: 01202 859354 Web: www.redlandscounselling.co.uk
Retail trust	Free counselling for people working within retail sector. Services include free counselling, free legal advice, free debt advice, free hardship grants, free course funding and retirement housing throughout the UK. Wait times - 2 weeks	Tel: 0808 801 0808 SMS: Text HELPLINE to 88010 Email: helpline@retailtrust.org.uk Web: www.retailtrust.org.uk
Retail trust	Free counselling for people working within retail sector. Services include free counselling, free legal advice, free debt advice, free hardship grants, free course funding and retirement housing throughout the UK.	http://www.retailtrust.org.uk/ Retail Trust Helpline 0808 801 0808 email helpline@retailtrust.org.uk text HELPLINE to 88010. Bournemouth University Counselling Service (Updated, 24/05/2018 DS) Service offers:

UK Council for Psychotherapy (UKCP)	Has information on psychotherapy and private counsellors	Tel: 0161 7054304 Email: babcp@babcp.com Web: www.babcp.com
Crisis		
Crisis team		01305 361269 (24hours)
Samaritans	Free 24 hour helpline. Nearest branch 13 King Street, Wymouth, DT4 7BJ	Tel: 08457909090/01305771777/116 113 Web: www.samaritans.org
The Retreat	A safe and welcome environment for anyone over 18 who have self-identified their crisis and want to access support. No medication or formal therapy but instead supports and promote self-management with a strong focus on valuing lived experience and peer support.	http://www.dorsetmentalhealthforum.org.uk/Hahnemann House, BH2 5JW Mon – Thurs 16:30 – 00:00 Fri – Sun 18:30 – 02:00
Campaign Against Living Miserably (CALM)	Charity existing to prevent male suicide in the UK. Offers support to men in the UK of any age who are down or in crisis.	https://www.thecalmzone.net/ 17:00 – 00:00 daily Tel: 0800 58 58 58 Webchat: https://www.thecalmzone.net/help/webchat/
Papyrus	National charity for prevention of young suicide	https://www.papyrus-uk.org/ 10:00 – 22:00 Mon – Fri 14:00 – 22:00 Weekends 14:00 – 17:00 Bank holidays Tel: 0800 068 41 41 Text: 07786 209 697 Email: pat@papyrus-uk.org

Crisis Response & Home Treatment		<p>Crisis Response Service 17:00 – 23:00 Mon – Fri 09:00 – 23:00 Weekend and Bank Holidays Tel: 01305 214 500 Crisis Response & Home Treatment Service 24 hours. St Anns Hospital Tel: 01202 609821</p>
SANEline	<p>SANE runs a national, out-of-hours mental health helpline offering specialist emotional support and information to anyone affected by mental illness, including family, friends and carers. They are open every day of the year from 4:30pm to 10:30pm.</p>	<p>http://www.sane.org.uk/what_we_do/support/ Helpline: 0300 304 7000 (16:30 – 22:30 daily) Textcare: Allows you to arrange for messages of support at times that are right for you Support Forum: Available 24 hours a day to share experiences with other members and give and receive mutual support</p>

Debt:		
Christians against poverty	Free debt advice and CAP money course - teaches people budgeting skills and a simple, cash-based system that really works.	Freephone: 0800 3280006 Tel: 01274 760 720 Web: www.capuk.org
Christians Against Poverty	Centre in Gillingham run from Community Church	https://capuk.org/
Citizens Advice Bureau	Signposting and assistance with debt counselling	Dorset advice line: 03442 451 291 Web: www.citizensadvice.org.uk
Debt Advice Foundation	Debt Advice Foundation's Personal Debt Analyser is a free, easy to use debt assessment tool that will help you to understand the full extent of your debt problem as well as provide practical advice on what to do next	http://www.debtadvicefoundation.org/personal-debt-analyser Telephone 0800 043 40 50 Monday - Friday 8am-8pm Saturday 9am-3pm
MIND booklet for Money and Mental Health	Advice and Information (Downloads as a PDF)	www.mind.org.uk/mental_health_a-z/8078_money_and_mental_health
Money Advice Services	On-line debt advice	https://www.moneyadviceservice.org.uk/en/tools/debt-advice-locator
My Money Steps	My Money Steps is a free online debt advice service from National Debtline. It is free, confidential and simple to use	https://www.mymoneysteps.org/
National Benefit Enquiry Service	Get benefit advice, for you/your family or for someone else. If you are new to benefits, or already on benefits, the benefits adviser can help you get a benefits estimate or check available benefits to claim. Simply answer questions anonymously online or by telephone about your savings, income and outgoings to get estimated results summary.	https://www.gov.uk/
National Debt Line	On-line debt advice	https://www.nationaldebtline.org/

NHS Advice	Support on coping with financial worries	https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-financial-worries/
Pay Plan	Free on line confidential debt advice	https://www.payplan.com/free-online-debt-help Telephone: 0808 223 0490
Scope	Benefits information and advice for people with disabilities	https://www.scope.org.uk/support/disabled-people/benefits/esa?gclid=EAlaIQobChMI1Nu_uTuS1glVzbDtCh0XvADAEAAAYBCAAEgK5HPD_BwE
Step Change	On-line debt advice	https://www.stepchange.org/
Tax Help	Tax Help for Older People is a service from the charity Tax Volunteers providing free, independent and expert help and advice for older people on lower incomes who cannot afford to pay for professional tax advice. With over 420 volunteers and a national call centre, it doesn't matter where you live.	http://www.taxvol.org.uk/ 0845 6013321 01308 488066 Email taxvol@taxvol.org.uk www.taxvol.org.uk Pineapple Business Park, Salway Ash, Bridport, Dorset. DT6 5DB
Turn 2 Us	Turn2us is a national charity helping people when times get tough. We provide financial support to help people get back on track.	https://www.turn2us.org.uk/
Vocational Rehabilitation Services	Provide support for people with a long-term health condition which is affecting their work options, and help them to achieve their vocational goal.	https://www.dorsethealthcare.nhs.uk/patients-and-visitors/our-services-hospitals/mental-health/vocational-services Senior Occupational Therapist; Sarah Tilbury The Bucklands Centre, 9 Shelley Road, Boscombe, Bournemouth, Dorset, BH1 4JQ Tel: 01202 443100 FAX: 01202 443010
Wyvern Savings and Loans	Credit Union - face to face support with managing your money and budgeting	https://www.findyourcreditunion.co.uk/credit-unions/wyvern-savings-and-loans/ Telephone 01305 268444 40 High East Street, Dorchester, Dorset, England, DT1 1HN

Money and Mental Health	Money and Mental Health is an independent charity, committed to breaking the link between financial difficulty and mental health problems.	https://www.moneyandmentalhealth.org/
Drugs/ alcohol/ addictions		
AA (Alcoholics Anonymous)	AA is concerned solely with the personal recovery and continued sobriety of individual alcoholics who turn to the Fellowship for help.	https://www.alcoholics-anonymous.org.uk/ 0800 9177 650 or contact us by email: help@aamail.org
Al Anon Family Groups	Al-Anon Family Groups provide support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not.	http://www.al-anonuk.org.uk/ Meetings in Bridport, Dorchester and Weymouth
Beat	Online help and resources for patients of carers/ family. Online forums.	Tel: 0345 634 7650 Web: www.b-eat.co.uk
CA (Cocaine Anonymous)	Cocaine Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from their addiction. The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances. There are no dues or fees for membership; we are fully self supporting through our own contributions.	http://www.cauk.org.uk/index.asp 0800 612 0225 From mobiles: 0300 111 2285 wtf@cauk.org.uk
CADAS (Community Drug and Alcohol Advisory Service)	Help and support for those who feel they can't be drugand/or alcohol free and also those who choose abstinence as an aim. Counseeling advice and support. Support through your Gp if prescribing would be helpful. Community and inpatient detox programmes. Education and training about drug and alcohol issues. Needle and syringe exchange. Self referral or Via GP	Dorchester - 28 High West Street, DT1 1UP Weymouth - Weymouth Community Health Centre, Melcombe Avenue, DT4 7TB http://www.dorsethealthcare.nhs.uk/services/pages/mental-health/addictions/CADAS-west.htm
CoDA	Co-Dependents Anonymous (CoDA) is a set of informal self-help groups made up of men and women with a common interest in working through the problems that co-dependency has caused in their lives. CoDA is based on AA (Alcoholics Anonymous) and uses an adapted version of their Twelve Steps and Traditions as a central part of its suggested programme of recovery.	http://www.coda-uk.org/index.php

EDAS	Substance misuse support for individuals and family/carers.	Tel: 01202 311606
EDP/REACH	Offer drug and alcohol support in prison and in community. Group programmes, 1:1 support, outreach worker, needle exchange.	<p>0800 043 4656 Ring to make initial assessment –</p> <p>Reach Drug and Alcohol Services, 45 Bargates, Christchurch, BH23 1QD 01202 482 908</p> <p>Reach Drug and Alcohol Services, Woodcock Court, Queens Street, Gillingham, SP8 4DZ 01747 825 872</p> <p>Reach Drug and Alcohol Services, Weymouth Community Hospital, 3 Melcombe Avenue, Weymouth, DT4 7TB 01305 760 799</p> <p>Blandford - 01258 450862 Bridport - 01308 426281 Dorchester - 01305 427195</p> <p>Web: www.edp.org.uk</p>
FRANK	General advice.	<p>Tel: 0800 77 66 00 SMS: 82111 Web: www.talktofrank.com</p>

Gamblers anonymous	Support for gambling addictions. Meeting and live chat forums. Also support for family and friends.	Web: www.gamblersanonymous.org.uk
Gamcare	GamCare is the leading provider of information, advice, support and free counselling for the prevention and treatment of problem gambling. We operate the National Gambling Helpline, provide treatment for problem gamblers and their families, create awareness about responsible gambling and treatment, and encourage an effective approach to responsible gambling within the gambling industry.	http://www.gamcare.org.uk/ HelpLine: Freephone 0808 8020 133 (Available for anyone living in England, Scotland and Wales) Also offer online counselling available via website
NA (Narcotics Anonymous)	N.A. is a non-profit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only ONE requirement for membership, the desire to stop using.	http://ukna.org/ 0300 999 1212 10am-midnight
REACH	See information above under EDP	
SMART	Substance misuse support and advice.	Web: www.smartcjs.org.uk Tel: 01202 735777
Steven James	Counselling for problem gambling and support for their loved ones.	Tel: 01202 740 044 Email: info@sjcounselling.co.uk Web: www.sjcounselling.co.uk
Eating disorders:		
Beat	Online help and resources for patients of carers/ family. Helpline and Online forums. Signposting to local support in the area.	https://www.beateatingdisorders.org.uk/ Helpline: 0808 801 0677
I*EAT What's Your Hunger	Course for people who experience difficulty with emotional overeating.	Web: www.whatsyourhunger.co.uk Email: office@whatsyourhunger.co.uk £5 per session - runs term time

DHUFT eating disorders service		Adults: 01202492147
Over eaters anonymous	A program of recovery from compulsive eating. It addresses physical, emotional and spiritual well-being. It is not a religious organization and does not promote any particular diet.	Web: www.oagb.org.uk
Restored	Eating disorder services. Mentoring programme, counselling, psychotherapy, health and lifestyle coaching, meal support, group therapy sessions.	Tel: 07590 378822 Email: office@restored.support Website: www.restored.support
Restored: Eating Disorders Service	Offers treatment and support for eating disorders, including binge eating: Group Therapy 1:1 CBT-based Mentoring Counselling & Psychotherapy Recovery group. Nutritional & Meal Support Life Coaching Carer's 1:1 Counselling Carer's Group	www.restored.support Email: office@restored.support Tel: 07590 378822

Employment/ benefits/ Please refer to the Employment Advisors for support volunteering		
ACAS	Online and telephone employment advice for employers and employees	www.acas.org.uk 0300 1231100
Access to Work	Information about potential support at work, or for those returning to work. Self-referral service. In some cases, an employer contribution towards costs may be required.	https://www.gov.uk/access-to-work 0345 2688489
Benefits Enquiry Line	Info for disabled people and carers	Tel: 0345 712 3456
Bournemouth voluntary service (CVS)	Offer support to over 1500 voluntary and community groups	http://www.bournemouthcvs.org.uk/ Tel: 01202 466130 Email: contactus@bournemouthcvs.org.uk
Disability Law Service	Information, advice and assistance for individuals with disabilities and those that care for them, including employment law advice	http://www.dls.org.uk/ 0207 7919800
Disability Rights UK	Website offering comprehensive help and advice on equality and human rights.	http://www.disabilityrightsuk.org/
Employment Support Allowance Claim Line	Direct line for making an ESA claim – new claimants	0800 0556688 https://www.gov.uk/browse/benefits
Equality Advisory Support Service (Disability Rights)	A telephone helpline for individuals concerned about workplace discrimination. General information about mental health and discrimination	http://www.equalityhumanrights.com/ 0808 8000082
Fit for Work	Fit for Work helps you to manage your health conditions and/or sickness absence through an advice service and a referral to an assessment service for work related health advice.	0800 0326235 www.fitforwork.org
Health and Safety Executive (HSE)	Information for employees about workplace safety and stress in the workplace. Specific information about sickness absence for employers and employees	www.hse.gov.uk http://www.hse.gov.uk/STRESS/

Job centre plus	General advice.	Tel: 01202 328190 (Poole) 0345 604 3719 (Bmth)
Links to Work	Programme to help find suitable employment. CV writing, job applications, interview preparation, group training sessions, health and wellbeing workshops, online tools, improving confidence and motivation. Can refer to a health professional.	Delivered by Bournemouth and Poole college. Tel: 01202 205533 Web: www.linkstowork.co.uk
MINDFUL EMPLOYER	Information about mental health and employment	www.mindfulemployer.net
NACRO	Information and advice for individuals with mental health needs and criminal justice involvement – helpful resources on disclosing a criminal conviction to employers	www.nacro.org.uk 0117 9350404
National careers service	Employment advice for all ages.	Tel: 0800 100 900
Pay and Work Rights Helpline	Telephone helpline for enquiries about employment rights and wages	0800 9172368 https://www.gov.uk/pay-and-work-rights-helpline
Prospects Work Choice	Helping disabled people into employment through a tailored support package provided by specialist advisors	Tel: 01202 638990 web: http://www.prospects.co.uk/WhatWeDo/EmploymentSkills/WorkChoice.aspx
Remploy – Mental Health Employment Support	Information about Remploy's Workplace Mental Health Support Service for job retention and general employment information.	0300 4568114 www.remploy.co.uk/mentalhealth
Skills and learning	Job clubs; CV skills, application letters, interview skills, confidence building, registering and applying online, using a computer	01202 262300 http://www.skillsandlearningbdp.co.uk/

The Dorset Mental Health Forum Employment Service	The Dorset Mental Health Forum is a local peer led charity. We exist to improve the lives of everyone affected by mental illness by promoting wellbeing and recovery. Provides support, signposting and skills to clients who feel their mental health is impacting on their employment or employability. Offers support in establishing what barriers are stopping the individual from moving forward, and support them to identify what you might do improve their own situation. Also provides free courses throughout the county as the Recovery Education Centre	http://www.dorsetmentalhealthforum.org.uk/ Referral form to be completed and sent to Dorset Mental Health Forum 29-29A Durngate Street Dorchester Dorset DT1 1JP Tel: 01305 257172 Fax: 01305 261049 Email: admin@dorsetmentalhealthforum.org.uk The Forum's office
Unlock	An independent charity providing self-help and other other advice for individuals with criminal justice involvement.	01634 247350 (Mon-Fri, 10am to 4pm) http://www.unlock.org.uk/
Vocational services (DHUFT)	OT led service offering vocational assessment/rehab to individuals whose long-term health condition is affecting their work options	Tel: 01202 443100 The Buckland centre, Shelley rd, Bournemouth
Volunteer Centre Dorset	Programme to help find suitable employment. CV writing, job applications, interview preparation, group training sessions, health and wellbeing workshops, online tools, improving confidence and motivation. Can refer to a health professional.	Dorchester: Manager Marie Waterman Tel: 01305269214 email: m.waterman@volunteeringdorset.org.uk
Work Smart	Information about work rights, disability and equality at work. Provides free advice if you are a member of the TUC	0870 6004882 www.worksmart.org.uk
Workwise	The WorkWise service is directed to provide expert knowledge, information, advice and consultancy on mental health and employment issues to local employers and to mental health services (especially Primary Care Talking Therapies (PCTT) services). It may also provide time-limited targeted support to individuals referred from these services, who are experiencing difficulties relating to their employment.	Need to complete and return referral form with patient. Daniellewallace- gould@dorsetmentalhealthforum.org.uk mattjeal@dorsetmentalhealthforum.org.uk admin@dorsetmentalhealthforum.org.uk

Ex Offenders		
Circles	Circles of Support and Accountability (Circles) build safer communities through local volunteers working with sex offenders to minimise alienation, support reintegration and so prevent sexual reoffending.	http://www.circles-uk.org.uk/ Abbey House/Abbey Square Reading RG1 3BE United Kingdom 0118 950 0068 (email info@circlessw.org.uk , call 07717 442413)
Civvy Street	Settling back into Civvy Street can be a challenge for any ex-Service man or woman. The challenge can seem much greater if you are an offender or ex-offender.	https://www.civvystreet.org/Career-Transition/Individual-Circumstances/Offenders-Ex-Offenders-Services-and-Support
Criminal Justice and Liaison Service	The Criminal Justice Liaison and Diversion Service works from police custody in Weymouth and Bournemouth and we help support people from across the whole county. We help adults and youths who have a mental health need, learning disability or any other vulnerability. There are two main roles within the service: Mental Health Practitioners Time Support Recovery Workers	Criminal Justice Liaison and Diversion Tel: 01202 705526 Fax: 01202 705629 https://www.dorsethealthcare.nhs.uk/patients-and-visitors/our-services-hospitals/mental-health/criminal-justice-liaison-and-diversion-service
Footprints Project	Mentors men and women who are leaving prison or serving a community sentence in the Dorset, Somerset and Hampshire area. Mentors, who are made up of trained volunteers from the community, support and guide their clients, providing the assistance they need to live a meaningful life without further resorting to crime. This might include help in accessing local services, exploring employment/training prospects, and in many cases re-connecting with their families.	Jo Wells Tel: 07824 332227 Email: jo.wells@footprintsproject.co.uk http://www.footprintsproject.co.uk/
Its good to talk	Website for offenders and families	http://www.itsgoodtotalk.org.uk/useful-links/categories/offenders-and-their-families

Nacro	Nacro has a dedicated Resettlement Plus Helpline which offers information and advice to ex-offenders, serving prisoners, their families and friends and to organisations working with them	https://www.nacro.org.uk/ 0300 123 1999
Offenders family helpline	The National Offenders' Families Helpline supports people if a family member is in contact with the criminal justice system. They provide advice and information on all aspects from what happens on arrest, visiting a prison to preparing for release. They support families in England, Wales and Scotland.	
Prison Advice	The Prison Advice and Care Trust (Pact) is a national charity that provides support to prisoners, people with convictions, and their families. We support people to make a fresh start, and minimise the harm that can be caused by imprisonment to people who have committed offences, to families and to communities.	https://www.prisonadvice.org.uk/
SOVA Supporting Others through Voluntary Action	A voluntary mentoring organisation in England and Wales working in the Criminal Justice Sector and young people on youth offending orders as well as care leavers, long-term unemployed and refugee and asylum seekers.	http://www.sova.org.uk/
St Giles Trust	St Giles Trust is a charity helping people facing severe disadvantage to find jobs, homes and the right support they need. We help them to become positive contributors to local communities and wider society.	https://www.stgilestrust.org.uk/ 020 7708 8000
Step Together	Step Together Volunteering has been supporting the rehabilitation of people leaving prison since 2010. We now have teams based in Manchester, London and Dorset working with people of all ages and backgrounds, regardless of the offence committed. Provide tailored one-to-one support to help individuals into volunteering placements that match their needs and interests, and help them develop the	https://www.step-together.org.uk/ 0117 955 9042

Trailblazers	Trailblazers is a national charity that reduces re-offending among young people through providing volunteer mentors. They reduce re-offending in young people by helping them change their attitude, thinking and behavior through intensive mentoring, advice, advocacy and targeted specialist support	https://www.trailblazersmentoring.org.uk/ 07807 267280
Unlock	Unlock is an independent charity for people with convictions who are dealing with the effects of having a criminal record. They give advice and support across areas such as: how to disclose to employers, criminal record checks, getting insurance and travelling abroad through their confidential peer-run helpline.	http://www.unlock.org.uk/ 01634 247350
Women in Prison	Women in Prison is a women-centred, women-run organisation that provides specialist services to women affected by the criminal justice system both in prison and in the community throughout England	https://www.womeninprison.org.uk/ 0800 953 0125 or 0207 359 6674
Working Chance	Working Chance is a charity which helps women offenders make the transition into employment, helping them find paid work and offering voluntary placements.	https://workingchance.org/
Working Links	Working Links runs programmes throughout the country to fully support ex-offenders with regaining employment.	http://www.workinglinks.co.uk/ 0800 917 9262
YMCA	YMCA work in partnership with prisons and probation services to support young offenders with citizenship and training opportunities pre-release	https://www.ymca.org.uk/ 0207 186 9500

Families and parents		
Abused Children's Trauma Support, Family Advice and Strategy Team	<p>This is a Dorset run organisation to support the families (non abusive / protective parents and carers) of children who have been sexually abused.</p> <p>This is a local charity which has evolved from a support group at DAA. Part of the national umbrella of Survivors Trust.</p> <p>They offer parent and carer facilitated support group – 16 sessions.</p>	<p>http://actsfast.org.uk</p> <p>Office Address: Acts Fast PO Box 9079, Ringwood, Hampshire, BH24 9FQ</p> <p>support@actsfast.org.uk Tel: 01202 797217</p> <p>Text: 07468 694 068 or email: mandy@actsfast.org.uk</p> <p>Free Drop-In sessions Being held monthly</p>
Stop it Now! UK Helpline (Lucy Faithful Foundation)	<p>Confidential and impartial support and advice for people who are concerned about their behaviours towards children (e.g. accessing indecent images online) as well as their friends and family members.</p> <p>Structured treatment programmes for offenders and 1-1 for families can be available, there may be a charged involved for this</p> <p>Self-help materials related to this for perpetrators, families and professionals.</p> <p>http://get-help.stopitnow.org.uk/en/home -</p>	<p>0808 1000 900 available from 9.00am - 9.00pm Mondays to Thursdays and from 9.00am - 5.00pm Fridays.</p> <p>01372 847160 or email wolvercote@lucyfaithfull.org.uk</p>
Survivors Trust	<p>The Survivors Trust (TST) is a UK-wide national umbrella agency for 135 specialist organisations for support for the impact of rape, sexual violence and childhood sexual abuse throughout the UK and Ireland.</p>	<p>http://thesurvivorstrust.org/</p> <p>Call The Survivors Trust on: 0808 801 0818</p> <p>Twitter: @survivorstrust</p> <p>Facebook: Survivors.Trust</p>

Chaos	Support for families with children with disabilities and special needs. Befriending service also.	Tel: 01202 855105
Childrens Social care		Dorset: 01202 228866 Bournemouth 01202 458102 Poole 01202 35046?
Contact a family.	Advice for families with disabled children. Can make contact with other families. Lots of info on different medical conditions	http://www.cafamily.org.uk/ Tel: 0808 808 3555
Cry-sis	Cry-sis offers support for families with excessively crying, sleepless and demanding babies.	Tel: 0845 1228669 Web: www.cry-sis.org.uk
Family lives	Advice and support for parents. Offers email support, online chat, skype, local groups, phone support, learning modules.	Tel: 08088 002222 Email: parentsupport@familylives.org.uk Web: www.familylives.org.uk
Gingerbread	Help for single parents.	Tel: 08088 020925 (Mon 10am - 6pm, Tues 10am - 4pm, Weds 10am - 1pm & 5pm - 7pm, Thurs 10am - 4pm, Fri 10am - 4pm) Web: www.gingerbread.org.uk
Home Start	Provides support (practical help and emotional support) to families with children under 5 - volunteers and training. The project aims to help families increase their skills and confidence to cope with day to day challenges in raising a family. The home visiting volunteer provides 2 to 3 hours per week support within the family's own home, at a time to suit the family for as long as needed. The support is tailored to meet the individual family's needs dependent on their situation.	West Dorset Home Start - 01305 265072 Home-Start West Dorset, Paceycombe House (Suite B), Paceycombe Way, Poundbury Dorchester, DT1 3WB Phone: 01305 265072 enquiries@homestartwestdorset.co.uk https://www.homestartwestdorset.co.uk/ North Dorset Home Start - 01258 473038 Office 2, The Exchange, Old Market Hill, Sturminster Newton, Dorset, DT10 1FH Jamie: 07730 218436 Email: jamie@home-start-northdorset.co.uk Heather: 07730 218435 Email: heather@home-start-northdorset.co.uk https://home-start-northdorset.co.uk/

Netmums	Online parenting support for mums or mums to be. Info on local groups, advice, support before and after pregnancy, young children.	Web: www.netmums.com
Relate (counselling for young people)	There are all sorts of reasons why you might want a bit of extra help from Relate. Things might be worrying you at home or at school, or you might need help and advice with your own relationship	https://www.relate.org.uk/relationship-help/help-children-and-young-people ■Book a counselling session at your local Relate Centre. ■Try a free Live Chat session with a trained Relate Counsellor. ■Talk to us about your concerns or questions on 0300 100 1234.
The listening ear	Counselling and training across Dorset. Helping children and families improve aspects of their lives they find difficult. Counselling for Children	http://www.the-listening-ear.org
Harmless	Documents you can download for young people who self harm	http://www.harmless.org.uk/whoWeSupport/youngPeople Email: info@harmless.org.uk
NCT: parenting and breastfeeding support	We offer information and support in pregnancy, birth and early parenthood	https://www.nct.org.uk/ Helpline (0300 330 0700) open 8am-midnight Email: enquiries@nct.org.uk
TAMBA: Twins and multiple births association TWINLINE	Information and support for parents of twins, triplets or more TAMBA's freephone helpline. Whether it be a chat about expecting twins, triplets or more, feeding, sleeping, starting school, embarking on teenage years and beyond, twinline can support. Provides a listening ear from someone in your situation, all trained volunteers are parents of multiples as well.	https://www.tamba.org.uk/support-menu 0800 138 0509 Twinline is open every day from 10am to 1pm and from 7pm to 10pm Telephone: 0800 138 0509 (open everyday from 10am -1pm and from 7pm – 10pm) Email: asktwinline@tamba.org.uk
General mental health		
Citizens advice	Free, confidential, impartial advice	Dorset advice line: 03442 451 291 Web: www.citizensadvice.org.uk
CMHT Blandford		01258 450610

CMHT Bridport		01308 421236
CMHT Dorchester		01305 214500
CMHT Shaftsbury		01747 475266
CMHT Sherbourne		01535 816552
CMHT Weymouth		01305 362060
DHUFT Safeguarding Team	Things to include in referrals to MASH - does the patient wish to proceed with a police investigation, contact details for the patient to be contacted and where did abuse occur. Perpetrators name/DOB/address if given by patient	01305 361469 safeguarding.team@dhufn.nhs.uk mash@dorset.pnn.police.uk
Dorset mental health forum	Peer led charity to support lives of those affected by mental health. Promoting wellbeing and recovery, peer led services.	Tel: 01305 257172 (9:30am - 3:30pm, Mon - Fri) Email: admin@dorsetmentalhealthforum.org.uk Web: www.dorsetmentalhealthforum.org.uk
Lyme Regis Specialist CPN's		01297 446111

Mental Health First Aid England	<p>Our mission</p> <p>We're on a mission to train one in ten of the population in England in Mental Health First Aid (MHFA) skills – because we all have mental health.</p> <p>Mental health education empowers people to care for themselves and others. By reducing stigma through understanding, we hope to break down barriers to the support that people may need to stay well, recover, or manage their symptoms – to thrive in learning, work and life.</p> <p>Our mission</p> <p>We're on a mission to train one in ten of the population in England in Mental Health First Aid (MHFA) skills – because we all have mental health.</p> <p>Mental health education empowers people to care for themselves and others. By reducing stigma through understanding, we hope to break down barriers to the support that people may need to stay well, recover, or manage their symptoms – to thrive in learning, work and life.</p>	<p>Susan Sutherland 07866 692528</p> <p>https://mhfaengland.org/</p>
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Mind	Support groups and advice	Infoline: 0300 123 3393 Tel: 01202 392 910 Email: contact@dorsetmind.org.uk
No panic	Confidential helpline for anxiety, 1:1 mentor service and recovery groups. Helpline charges 5p per minute.	Tel: 0844 967 4848 (10am - 10pm) Web: www.nopanic.org.uk
Recovery Education Centre (REC)	Provides courses to help understand experiences, manage recovery and support others. Offer courses, workshops and seminars within local community. All courses are free. Run in partnership with DHUFT and Dorset mental health forum.	Tel: 01202 584478 Mobile: 07787 836708 Email: recovery.education@dhuft.nhs.uk
Safeguarding Adults		1305351106
Safeguarding Children		01305361469/ 361202/ 361223
Sane	Information and support for people affected by mental health problems	Tel: 0300 304 7000 (6pm - 11pm) Web: www.sane.org.uk/home
Social Services - Dorchester		01305 221450
Health and fitness:		
Carry on Gardening/Thrive	Carry on Gardening/Thrive is a small national charity that helps people with a disability to start or continue gardening. They have practical information to make garden jobs easier, advice on taking care, useful hints and tips and details of the equipment and tools which will be particularly helpful.	0118 988 5688 www.carryongardening.org.uk / www.thrive.org.uk info@thrive.org.uk
Casterbridge Ramblers	We are a local rambling group based in Dorset. Our walking group was founded in 1965 and we have approximately 150 members who live in Dorchester, Weymouth and the surrounding areas. Members lead walks on Sunday, Tuesday and Thursday throughout the Dorset countryside.	http://casterbridgeramblers.co.uk/ Email casterbridgesecretary@gmail.com

Disabled Ramblers	National group of mobility disabled people who like to get out into the countryside with use of a wide variety of mobility aids, ranging from electrically powered pavement buggies, scooters, power chairs and, in some cases, manually propelled wheelchairs. Organise rambles of varying difficulty from easy to challenging all over England and Wales including Purbeck and New Forest, and, along with our volunteers, spouses and friends, each event aims to provide recreation and challenge to suit every taste.	http://www.disabledramblers.co.uk
Dorchester Strollers	We encourage walking on a regular basis in a very sociable atmosphere. Regular walk days are Monday and Tuesday with occasional special walks on Thursdays or Sundays. The regular walks all start in Dorchester and with careful planning can be reached by public transport	https://www.walkingforhealth.org.uk/walkfinder/dorchester-strollers Contact Maureen Haywood, Volunteer Co-ordinator 07771623973 maureenhaywood@me.com ; Moira Pinder 01300 341255
Dorset for You	Website giving advice and signposting on all aspects of health and wellbeing.	Web: www.dorsetforyou.com/healthwatch
Everyone active	Reduced membership for gyms, no contract, no joining fee. Various venues throughout Dorset	Web: www.everyoneactive.com
Friendly Food Club	Support through cooking classes for vulnerable people	Tony Gibbons tony.gibbons@sky.com friendlyfoodclub@sky.com 01308 868700
LiveWell Dorset	Supports healthy lifestyle change in the areas of weight management, physical activity, smoking and alcohol. Telephone service	Scott Matthews 0800 840 1628 01305 233105 Monday - Friday 9am - 6.30pm https://www.livewelldorset.co.uk/ hello@livewelldorset.co.uk

Men's Shed	Aimed at men to combat isolation, inactivity and depression - Portland, Bridport, Dorchester, Sturminster Newton, Marnhull, Wincanton	https://menssheds.org.uk/find-a-shed/ Portland - Chiswell, Portland DT3 1AW; Open Mon, Wed, Frid 10-12.30/1.30-4; Contact Jackie Carpenter 01305 823789 / 07718 834560 email office@islandcommunityaction.org.uk
NHS stop smoking service	Smoke stop support	www/quit-it.co.uk
Park Community Centre - Waterside Weymouth Community Forum	News and events for Park Residents	https://www.theparkarea.co.uk/ The Park Community Centre, Chelmsford St, Weymouth DT4 7HR THEPARKAREA@BTCONNECT.COM 01305 839579
Step into Nature	Being close to nature can help boost your health, mood and build self-esteem. Older people, those with dementia and their carers, can find it difficult to get outdoors and into the countryside. Stepping into Nature can help bring nature back into your life. All activities are dementia friendly and open to everyone. Part of Dorset Areas of Outstanding Natural Beauty	https://www.dorsetaonb.org.uk/stepping-into-nature/stepin2nature.org Telephone 01305 224 785
Walking for Health	14 active health walk leaders and have trained walk leaders from Purbeck, Weymouth and Portland, Bournemouth and Poole. On average 24 persons generally aged above 50 go walking for 45 minutes as a means of exercise with this group every week. See website for times and places.	Web: www.walkingforhealth.org.uk

Weymouth Community Volutneers	WCV is a Weymouth, Dorset based registered charity who support and enable people with multiple and/or complex needs to become active members of their local community. We achieve this through improving access to opportunities in Volunteering, Education and by offering Training that improves Employment prospects.	http://www.wcv.org.uk/ 01305 830255
Bridport Leisure Centre	Anybody who is receiving Benefit can receive 6 free swims @ Bridport Leisure Centre. They need to come in and see me @ Bridport Jobcentre on a Monday or a Friday between 9.30am – 12.30pm and 2.30pm – 4.30pm (just two days we are open). I do a referral form with them and its electronically sent to Leisure Centre who will contact the Customers to go and have a look see and tell them when they can use the pool. They will be issued with vouchers.	Rob Spiller JCP WEYMOUTH <ROBERT.SPILLER@DWP.GSI.GOV.UK>

Housing/ homelessness		
BCHA	Support with housing and homelessness. Also offer advice and info on DV, substance misuse, life after prison.	www.bcha.org.uk Tel: 01202 410 500 Mon - Fri, 9am - 5pm:
Dorset First Point	Homelessness prevention service run by YOU Trust providing housing related support across the county of Dorset. Liveing in the area, aged 16-65 and are facing housing problems, They do everything they can to get you back on your feet and onto the right path tp a stable future in your home.Drop in service in Weymouth shop mon to fri 10-4pm. Weekly drop ins in Blandford, Briport, Christchurch, Dorchester, Ferndown, Gillingham, Portland, Shaftsbury, Sherbourne abd Wimborne. Contact for details	https://support.veteransgateway.org.uk/app/answers/detail/a_id/115/Housing/Homelessness/Help-for-homeless-veterans-(England)?gclid=EAlaIQobChMIouTwtrCP2wIVCrTtCh3uvAn-EAAYASAAEgLdGvD_BwE
Lantern Trust	The Lantern aims to bring a lasting change in people's lives through a dedicated service meeting people's practical, emotional and personal aftercare needs. Our ethos is one of social inclusion and we aim to break cycles of disadvantage and dependency. Central to all that we do is our Coffee Bar sessions that run Monday to Friday 10am-2pm.	2 Ranelagh Road, Weymouth, DT4 7JD Telephone 01305 787940
Poole housing partnership	Government scheme to bring investment for improvements across the borough of Poole	TEL: 0800 50 60 50 WEB: http://www.yourphp.org.uk/contact-us/
Second Chance Furniture	Open Tue, Wed and Thurs 9.30-1.30 - supplies basic furniture and some appliances to those in need.	Unit G, 83 Lynch Lane, Weymouth 01305 766621 email scfurniture@tiscali.co.uk www.scfurniture.org.uk
Shelter	Provide a range of advice on housing issues including homelessness and legal guidance if you are being evicted from your home. Also includes a specific section on housing for young people.	www.shelter.org.uk Helpline is open every day of the year: 8am - 8pm on weekdays 9am - 5pm on weekends 0808 800 4444 (Housing Advice Helpline) Emergency helpline 0808 1644 660

Street Homeless Outreach Team		Bridport: 01308 427195
Street Support	Our mission is to make it easier for anyone experiencing homelessness to get the help they need. We connect organisations that provide services, with individuals and businesses that want to do something to help. Several organisations have signed up to an initiative in Bournemouth to provide free water 'refill stations' to homeless during hot weather spell. Organisations/businesses on board are: BCHA, Big Issue, Shelter, Pivotal Housing, The Salvation Army BH1 Project, Hope AOK Rucksack Appeal, Sunrise Lodge Hostel, Sunrise Organics and CAB Bournemouth & Poole	https://streetsupport.net/bournemouth/
You Trust – Dorset First Point	A homelessness prevention service providing housing related support across the county of Dorset. They offer practical help with <ul style="list-style-type: none"> - Rent arrears - Benefit claims (including support with appeals) - Budgeting and household debts - Advocacy with landlords or other agencies - Moving on from hospital/supported housing/other accommodation to somewhere more appropriate for their needs 	http://theyoutrust.org.uk/ Office in St Mary's Street, Weymouth
LGBT		
Broken rainbow	LGBT Domestic violence service - confidential listening support and advice.	Tel: 0300 999 5428 (Monday & Thursday 10am - 8pm, Tuesday & Wednesday 10am - 5pm) Email: help@brokenrainbow.org.uk (For general advice)
Chrysalis	Gender Identity. Counselling, support and life skills workshops. Groups in Bournemouth area.	Tel: 01489 589111 (24 hour number) www.chrysalis-gii.co.uk

Intercom Trust	We provide help against homophobic and transphobic prejudice, crime and discrimination (including bullying, harassment, abuse, attacks, and threatening behaviour), helping to develop the LGBT communities, providing professional training and consultancy, and working in partnership with local government, the police, health and other organisations. Our helpline is normally staffed during office hours, 9 - 4 Monday to Friday.	South West Confidential Helpline 0800 612 3010 helpline@intercomtrust.org.uk https://www.intercomtrust.org.uk/
Mind out	LGBT support group. No local support groups but has information and confidential online chat for support and advice.	Tel: 01273 234839 Web: www.mindout.org.uk
Over The rainbow	Advice support and information for LGBT community. Advice on health, sexual health, peer support, psychological support. Based in Bournemouth.	Tel: 01202 257478 Web: www.rainbowbournemouth.co.uk
Ricochet	Ricochet is a support group for the families and friends of lesbian, gay, and bisexual people. The group was started by Colette Hill, the mother of two gay daughters.	Tel: 07803 309781 Email: ricochet.enquiry@gmail.com
Space Youth Project	LGBT support for people under 25 including those who are unsure. Based in several locations around Dorset - mainly Bournemouth. 1st and 3rd Wednesday 6.30-8.30 Waves, 52 St Marys Street, Weymouth	Tel: 07973 405 280 Web: www.spaceyouthproject.co.uk hello@spaceyouthproject.co.uk
Older adults		
Access Dorset	Access Dorset is a user led organisation and registered charity, run by disabled people, older people and carers. We work to remove the physical, attitudinal and communication barriers that exist and are faced daily by disabled people Information and Advice Line - 01202 771336 (10-4pm)	ACCESS DORSET – 01202 771336 www.accessdorsetcentre.org.uk enquiries@accessdorset.org.uk Littledown Centre, Chaseside, Bournemouth, BH77DX Information and Advice Line - 01202 771336 (10-4pm)

Age UK	Lots of online support. Also offer befriending service.	Tel: 0800 169 2081 Web: www.ageuk.org.uk
Help and care	Support for older adults and carers – support groups, factsheets.	Tel: 0300 111 3303 Web: www.helpandcare.org.uk
Silverline	Free confidential advice and company line all day and night all year	0800 4708090 www.the silverline.org.uk
Tax Help	Tax Help for Older People is a service from the charity Tax Volunteers providing free, independent and expert help and advice for older people on lower incomes who cannot afford to pay for professional tax advice. With over 420 volunteers and a national call centre, it doesn't matter where you live.	http://www.taxvol.org.uk/ 0845 6013321 01308 488066 Email taxvol@taxvol.org.uk www.taxvol.org.uk Pineapple Business Park, Salway Ash, Bridport, Dorset. DT6 5DB
University of 3rd Age (U3A)	U3As are self-help, self-managed lifelong learning co-operatives for older people no longer in full time work, providing opportunities for their members to share learning experiences in a wide range of interest groups and to pursue learning not for qualifications, but for fun.	Bournemouth - 01202 420700 www.bournemouthu3a.org.uk https://u3asites.org.uk/bridport/groups http://www.blandfordu3a.co.uk/ www.christchurchu3a.org.uk http://www.dorchesteru3a.org.uk/ https://u3asites.org.uk/weymouth-portland/groups https://u3asites.org.uk/blackmore/home https://u3asites.org.uk/sturminster-newton/page/70705 http://www.sgu3a.org.uk/ www.pooleu3a.org.uk www.purbecku3a.org.uk
Wayfinders	Advice/support for older people (Though covering all from 18) - benefits, meeting new people, clubs, activities, transport, safety, fire/burglar alarms,	01202 946111 01305 548111

Weymouth Area Seniors Forum	An independent over 50s forum meetings 4th Tuesday of the month 2-4 at Weymouth Angling Society, Commercial Road, Weymouth	
Physical Health/ Long term health conditions/ disabilities:	Please see separate document Long Term Health Conditions Local support groups are listed above under Carers/Support Groups	
Action for ME	Info for sufferers and carers. Self-help, info , support, info on welfare rights, online forum and support groups.	http://www.actionforme.org.uk/ Call support officers: 0117 927 9551 The closest local support group is in Southampton. Specialists at Poole and Wareham hospital.
Action on hearing loss	Support for people with hearing loss and tinnitus. Practical support and day to day care.	Tel: 0808 808 0123 Web: www.actiononhearingloss.org.uk
Alzheimer's society	Support for suffers and carers.	Tel: 0300 2221122 Email: enquiries@alzheimers.org.uk
Autism Wessex	Charity for people affected by autism.	Tel: 01202 483360 Web: www.autismwessex.org.uk
Bournemouth & District Tinnitus Support Group	The Group provide one-to-one consultation, and a varied progamme of topics every month for those suffering with Tinnitus https://www.tinnitus.org.uk/bournemouth-district-tinnitus-support-group	For general or group information, please contact Ed (Secretary): 01202 518 647 or edgar.maeer@ntlworld.com For advice about tinnitus, please contact Jean: 01202 468 480 or jean.lakins@ntlworld.com

British Deaf Association	<p>Equality - This means that Deaf people are able to access information and support in their preferred language of choice and are able to have the same opportunities to achieve the same life outcomes as Hearing people. Legal recognition of British and Irish Sign Languages (BSL and ISL) in parliamentary legislation are both essential to raising awareness, recognition and respect to achieve equality of access and opportunity for Deaf people</p> <p>Access - Every Deaf person must have access to services from Government level down to his/her local shop in his/her preferred language.</p> <p>Freedom of Choice - Every Deaf person should have the right to choose to sign or speak or both without sanction and without obstacles</p>	<p>https://bda.org.uk/</p> <p>Living Options Devon Cranmere Court Lustleigh Close Marsh Barton Exeter EX2 8PW</p> <p>T: 07814 386676 (SMS only).</p> <p>Opening Hours M-F: 09:00–17:00</p>
Community Adult Asperger Service (CAAS)	<p>Provides diagnostic assessment and post-diagnostic coping skills and sensory groups. Work closely with OT and conduct OT assessments and interventions if necessary.</p> <p>Referral can be made from Steps or GP depending on what is easier. Please complete CAAS referral questions prior to referral.</p>	<p>Liana Murphy Administration Coordinator Tel: 01202 605 875 Dawn Randall Team Assistant Tel: 01202 605 867 Email: dhc.caasenquiries@nhs.net</p>
Crisp Web	Support for carers in Dorset, Bournemouth and Poole	<p>https://www.crispweb.org/home.aspx or Carers Support Service 01202 458204</p>
Dementia UK	<p>Charity aiming to improve lives of people affected by dementia.</p> <p>Access to admiral nurses (specialist mental health nurses provide practical and emotional support).</p>	<p>Tel: 0845 257 9406 Web: www.dementiauk.org</p>

Diabetes Uk	The West Dorset Diabetes UK Group is a volunteer group who actively carry out Diabetes awareness and education in the whole of Dorset.	West Dorset Group 13, Verlands Road, Weymouth DT3 6BY Dorset Tel: 01305 835870 Email: WestDorsetGroup@gmail.com .https://west-dorset.diabetesukgroup.org/
Different Strokes	Stroke helpline for stroke survivors, carers and family. Also set up to support younger people who have had strokes. Website and staff are an excellent source of information about stroke and life after stroke for stroke survivors and their families. Services and stroke groups in Dorset to help support adjusting to life after stroke	call 01908 317618 or 0845 130 7172. Different Strokes Central Services 9 Canon Harnett Court, Wolverton Mill, Milton Keynes MK12 5NF www.differentstrokes.co.uk Dorset Support Group We are currently searching for a new venue for our meetings, keep up to date on our group at www.facebook.com/DifferentStrokesDorset For further information please contact the Dorset group Volunteer Co-Ordinator Dave Cottrell on 07883 088 122.
Dorset Adult Asperger's Support (DAAS)	Provide support and information for adults with Asperger's Syndrome and their carers, families, friends, and supporters in Dorset area.	www.dorsetadultaspergerssupport.org.uk Tel: 07789 521 758 Tel: 07818 073 390 Email: info@dorsetadultaspergerssupport.org.uk Monthly meetings at Bournemouth University. K103, Talbot Campus. From 19:00 - 21:00
Dorset blind association	Support for blind and partially sighted people.	Tel: 01202 712865 Web: www.dorsetblind.org.uk
Dorset Community Pain Service	The Dorset Community Pain Service aims to enable adults living with persistent pain to understand and come to terms with their pain and to adopt strategies for living, which allow them to lead as fulfilling and independent lives as possible	GP referral direct to Dorset Community Pain Service. Guidance can be found on Choose and Book and on our website www.dorsetpain.org.uk 01202 308 069

Dorset Community Pain Service	The Dorset Community Pain Service aims to enable adults living with persistent pain to understand and come to terms with their pain and to adopt strategies for living, which allow them to lead as fulfilling and independent lives as possible	GP referral direct to Dorset Community Pain Service. Guidance can be found on Choose and Book and on our website: www.dorsetpain.org.uk
Dorset community Stroke Service	Information, advice and re-enablement service- local service recommended by stroke association	Tracie Palmer 01202 732739 tracie.palmer@stroke.org.uk
Dorset Community Stroke Service	Information, advice and re-enablement service- local service recommended by stroke association	- Tracie Palmer 01202 263 6752 tracie.palmer@stroke.org.uk https://www.stroke.org.uk/finding-support/dorset-community-stroke-service
Dorset Healthcare Learning Disabilities Service	Supports people with LD do things for themselves, stay healthy, find accommodation, day time activities, and arrange support for them to do this.	Care Direct Tel: 01202 454 979 Email: caredirect@bournemouth.gov.uk Out of Hours Tel: 01202 657279
Dorset ME support group	They provide information, support and practical advice for people, families and carer's affected by M.E. (Myalgic Encephalopathy), Chronic Fatigue Syndrome (CFS) and Post Viral Fatigue Syndrome (PVFS)	Tel. 01305 777670 Email: help@dorsetmesupport.org.uk www.dorsetmesupport.org.uk
Fatigue fighter	Self help programme for sufferers of CFS.	Web: www.fatiguefighter.org.uk
Fatigue fighter	Self help programme for sufferers of CFS	http://www.fatiguefighter.org.uk/self-help
Lewis manning hospice	Lewis-Manning Hospice is Poole's voluntary hospice offering free specialist palliative nursing care to people living with cancer and other life-limiting illnesses.	Tel: 01202 492608 Web: www.lewis-manning.co.uk
Macmillan cancer trust	Support for carers, bereavement support and cancer support groups	Web: www.macmillan.org.uk

ME association	Informing or supporting people suffering with ME or CFS	http://www.meassociation.org.uk/ Most local support group is in Weymouth Tel: 01305 777 670 OR 0844 576 5326 (ME connect general helpline)
ME association	We provide information, support and practical advice for people, families and carers affected by M.E. (Myalgic Encephalopathy) , Chronic Fatigue Syndrome (CFS) and Post Viral Fatigue Syndrome (PVFS)	Tel: 08445765326 (Everyday, 10am - 12pm, 2pm - 4pm, 7pm - 9pm) Email: meconnect@meassociation.org.uk Web: www.dorsetmesupport.org.uk Dorset support group is in Weymouth. Contact Carol Dadds 01305 777670
Memory Assessment service/ Memory Support Advice Service	The Memory Support and Advice Service- for those experiencing dementia and their carers in Dorset. Referral by GP is required to rule out other possible causes of memory issues and to assess the level of need. If required may result in further assessment with the Memory Assessment Service who can diagnose and prescribe medication. The "Memory Support and Advisory Service" is provided by the Alzheimer's Society and works with GPs and the Memory Assessment Service. There are activities and support available including Singing, Gardening, Memory cafés, support for carers.	Info on website:- http://www.dorsetccg.nhs.uk/aboutus/memory-support-and-advisory-service.htm for further information:- dorset@alzheimers.org.uk Tel:- 0300 123 1916 Referral by GP recommended
Mencap	Charity providing advice and support for people with LD and their families. Helps you live the life you want to lead, and also offers support for parents with worries about their children's futures.	https://www.mencap.org.uk/ Tel: 0808 808 1111 Mon – Fri: 09:00 – 17:30 Email: helpline@mencap.org.uk

Multiple sclerosis society	Practical support, home adaptaions, info for carers. Financial and emotional support. Local support groups.	Free helpline: 0808 800 8000 Bournemouth & District Branch John Astley 01202 570300 jr.astley@btinternet.com Wareham & Purbeck Branch John Smith 0122 622146 mspurbeckuk@yahoo.co.uk
My Health My Way Partnership	A service giving help to people with long term health conditions offering one to one coaching, telephone support, group work web tools and structured support groups.	Tel: 0303 303 01513 Web: www.myhealthdorset.org.uk
National institute for Blind	Practical advice and support.	Tel: 0303 123 9999 Email: helpline@rnib.org.uk
Oakley Friends	Support for carers of people with dementia. Twice a year run a ten week course for carers. No restriction on where carers live. Voluntary donation of £10.	Web: www.oakleyfriends.co.uk Email: oakleycom@oakleyfriends.co.uk
Options	Provides support for children, young people, and adults who require specialist services. They support people either in their own home, in a residential setting, or in the community.	https://www.optionsautism.co.uk/ Email: info@ofgl.co.uk Tel: 08442 487 187 (Option 1 for referrals)
Pain concern	Helpline, forum, pain magazine, pain podcasts	0300 123 0789 The Pain Concern Helpline operates Monday to Friday: 10-12 and 14-16 http://painconcern.org.uk/ email help@painconcern.org.uk .
Pain relief foundation	Info on pain management, self help materials, Handouts on webstite for common pain conditions.	Web: www.painrelieffoundation.org.uk
Pain relief foundation	Info on pain management, self-help materials, Handouts on website for common pain conditions. They also have ongoing research on ways to manage pain.	http://www.painrelieffoundation.org.uk/about/help-and-advice-leaflets/

Parkinson's UK	Offer peer support, support groups, advice and information. Freephone number.	Tel: 0808 800 0303 (Mon - Fri 9am - 8pm, Sat 10am - 2pm) Email: hello@parkinsons.org.uk Web: www.parkinsons.org.uk (local support branch Poole: https://www.parkinsons.org.uk/local-support-groups/regions/poole-and-district-branch)
Prama care	Pramacare is a Dorset based domiciliary care charity, which provides a range of professional home care services to individuals, enabling those who live with vulnerability or isolation to enjoy their independence, lead fulfilling lives and fully contribute to society. As a Christian charity, Pramacare is committed to helping people regardless of creed, culture or age and currently has around 300 employees and volunteers helping over 1,000 people each week.	01202 207300 or info@pramacare.org.uk https://www.pramacare.org.uk/
Remap Dorchester	provides custom-made equipment for disabled people. Our skilled volunteers provide innovative, practical solutions to everyday challenges encountered by disabled people. We cover an area from Bridport to Swanage , to mid Dorset.	https://dorchester.remap.org.uk/ Mike Cowley on 01305 267860 or at remapdorchester@gmail.com
Scope	Support and information about learning difficulties	https://www.scope.org.uk/ Tel: 0808 800 3333 Email: helpline@scope.org.uk Textphone: Dial 18001 followed by above no. Scope, PO Box 833, Milton Keynes, MK12 5NY
Self-Management UK (Previously Expert Patient Programme)	The leading charity in self-management support for people living with long-term health conditions with over 12 years' experience working with patients, carers, healthcare professionals, clinicians and commissioners	https://www.selfmanagementuk.org/ 03333 445 840 Freephone-0800 988 5560 hello@selfmanagementuk.org
Sense	Sense is a national charity supporting and campaigning for deafblind people.	Tel: 0300 330 9250 Email: info@sense.org.uk Web: www.sense.org.uk

Stroke association	National helpline and information service.	Tel: 0303 3033 100 Email: info@stroke.org.uk (Please include your postcode so we can direct you to local support where available)
Tinnitus association	Support for those suffering with tinnitus.	Tel: 0800 018 0527 Web: www.tinnitus.org.uk/support-services
Useful info on Medically unexplained symptoms	Website giving more information about medically unexplained symptoms and different treatment options.	http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/medical/unexplainedsymptoms.aspx
Wessex Cancer Trust	Donation based counselling. Drop in and befriending service for families too.	Web: www.wessexcancer.org.uk
Mental Health Support		
Sane	Leading UK mental health charity. Provides information and support for people affected by mental health problems. People can join the community for free and choose to remain anonymous if they wish. Section on Suicide based on their Suicide Research	Out of hours helpline available on 0300 304 7000 from 4:30pm – 10:30pm every evening. Online support forum, ability to post stories and blogs and Facebook / Twitter support and sharing Textcare – Allows you to arrange for messages of support at times that are right for you http://www.sane.org.uk/home
No Panic	Registered charity specialising in self-help recovery for anxiety disorders. Not for profit, but people have to pay £15 per annum for membership. Without membership self-help resources, NICE guidelines and confidential helpline can be accessed. Members can also access a telephone CBT based anxiety recovery courses and individual CBT mentor sessions (for an additional cost of £10 for each) and a pen pal scheme. Also has crisis breathing message and relaxing body scan	0844 967 4848 helpline, 10am-10pm, 5p a minute charge. Out of hours this phone number plays recorded diaphragmatic breathing technique message. Youth Helpline: 0330 606 1174 (13-20 year old, 3pm-6pm Monday – Friday, Landline rates apply). Email: admin@nopanic.org.uk www.nopanic.org.uk

Dorset Mental Health Forum	Peer led charity to support lives of those affected by mental health. Promoting wellbeing and recovery. Provides information on other support services available. Advocacy service, employment service and REC courses	01305 257172 9am-5pm Monday - Friday admin@dorsetmentalhealthforum.org.uk www.dorsetmentalhealthforum.org.uk/
Recovery Education Centre (REC)	Provides courses to help understand experiences, manage recovery and support others. Offers courses, workshops and seminars within local community on topics such as emotion management, pain management and Asperger's awareness. All courses are free. Run in partnership with DHUFT.	View course prospectus and online registration form from http://www.dorsetmentalhealthforum.org.uk/index.html 01202 584478 Mobile: 07787 836706 recovery.educationcentre@dhuft.nhs.uk

Dorset Mind	<p>Voluntary organisation offering support to people in the Dorset area effected by mental health problems.</p> <ul style="list-style-type: none"> - Befriending Service provides one to one support to promote social inclusion. Trained volunteers support and encourage people to access the community, create social opportunities thereby increasing self confidence and social interactions. - Mind Out LGBT mental health support group – see LGBT for details - Panacea in Mind – anxiety support group (meets every other Wed morning or monthly Wed evenings in Moordown) - Active in Mind Activities Group involves gentle physical exercise in order to promote good mental health (Badminton / Pool / Table Tennis) - Meets Mon & Thurs afternoons in Southbourne - Women in Mind is a mental health group for women. Meets in Kinson on Weds afternoons. £3 - £5 per session (depending on circumstances). <p>Mental health information: 01202 551660 Office admin only: 01202 315329 3 Stratfield Saye, 20-22 Wellington Road, Bournemouth BH8 8JN contact@dorsetmind.uk http://www.dorsetmind.uk</p> <ul style="list-style-type: none"> - The befriending service requires a referral, the form can be found on the Dorset Mind Website - Mind Out LGBT - Turn up on the day or call coordinator Sarah-Jane 07950 741698 or email mindout@dorsetmind.uk 	<p>Mental health information: 01202 551660 Office admin only: 01202 315329 3 Stratfield Saye, 20-22 Wellington Road, Bournemouth BH8 8JN contact@dorsetmind.uk http://www.dorsetmind.uk</p> <ul style="list-style-type: none"> - The befriending service requires a referral, the form can be found on the Dorset Mind Website - Mind Out LGBT - Turn up on the day or call coordinator Sarah-Jane 07950 741698 or email mindout@dorsetmind.uk - Panacea in Mind. Turn up on the day or call Sarah-Jane, on 07950 741698 or email panacea@dorsetmind.uk - Active in Mind get in touch with the service coordinator Rob on 07732 637 987 or email activeinmind@dorsetmind.uk - Wellbeing in Mind. Turn up on the day or call Sarah-Jane, on 07950 741698 or email wellbeing@dorsetmind.uk - Women in Mind No referral is necessary, you can contact group facilitator Carmel on 07561 474037 or womeninmind@dorsetmind.uk.
Mental Health Foundation – podcasts and videos	<p>Podcasts and videos to help improve wellbeing:</p> <ul style="list-style-type: none"> - Mindfulness - Exercise - Stress - Sleep - Positive thinking - Wellbeing + Nutrition - Relaxation exercises - How to overcome fear and anxiety 	<p>https://www.mentalhealth.org.uk/podcasts-and-videos/podcasts-for-your-wellbeing</p>

Dorset Advocacy	Dorset Advocacy's independent advocates help to ensure that rights are upheld and that peoples' views, wishes and needs are heard, respected and acted upon.. □ They help people with learning difficulties, long term health conditions, cancer, NHS complaints, dementia or memory loss as well as their families, carers and support staff.	http://www.dorsetadvocacy.co.uk/ for referrals - 0300 343 7000 for patients - 01305 251033 Email: enquiries@dorsetadvocacy.co.uk
Pregnancy pre and post		
Adoption UK	Adoption UK is a national charity run by and for adopters, providing self-help information, advice, support and training on all aspects of adoption and adoptive parenting. Helpline.	Tel: 0844 848 7900 (Monday - Friday 10am - 4pm)
APNI (Association for Post Natal Illness)	The Association for Post-Natal Illness is the leading organisation in its field. It is a Registered Charity (No. 280510) and it was established in 1979 to:– Provide support to mothers suffering from post-natal illness – Increase public awareness of the illness – Encourage research into its cause/nature They have leaflets to download around postnatal depression	Call between 10.00am and 2.00pm on: 0207 386 0868 or chat using the chat box on the bottom left of the website.normal office hours: Monday to Friday from 10am to 2pm info@apni.org
Family lives	Advice and support for parents. Offers email support, online chat, skype, local groups, phone support, learning modules.	0800 800 2222 www.familylives.org.uk
Forget me not baby loss group	Dorchester County Hospital	http://www.dchft.nhs.uk/patients/departments-G-O/maternity-unit/Pages/Baby-Loss-Support.aspx o contact us please phone/text Tara Putt or Sophie Wilson on 07795 318 318.
FPA (Family Planning Association)	Contraceptive and Sexual Health advice line including abortion, planning pregnancy and unplanned pregnancy	Tel: 08451 228690 Web: www.fpa.org.uk
Pandas	The PANDAS Foundation is here to help support and advise any parent who is experiencing a perinatal mental illness. We are also here to inform and guide family members, carers, friends and employers as to how they can support someone who is suffering.	http://www.pandasfoundation.org.uk/

Post Natal Illness	Their Website and Forum is run by sufferers and past sufferers (survivors) of Post Natal Illness (PNI). There are no experts ... But we can all offer to share our personal experiences, based on having been there too.	http://www.pni.org.uk/ http://www.pni.org.uk/about-pni/contact-pni-org-uk/
Real baby milk	To empower families with fantastic, evidence based information and support Protect, promote and support breastfeeding 1) Training & supporting breastfeeding peer supporters in local communities. 2) Producing information and resources for families, peer supporters, health professionals, children centres and businesses. We are supported by Health Professionals in order to provide the fantastic, evidence-based information to share with families.	https://realbabymilk.org/01872260429
Sands	Supporting anyone effected by death of baby before, during or shortly after birth. Helpline, befrienders, groups.	Tel: 02074 365881 (Monday - Friday 9:30am - 5:30pm, Tuesday & Thursday 6pm - 10pm) Web: www.uk-sands.org
SPRING	Supporting parents and relative through baby loss. Part of Poole hospital maternity unit.	Tel: 01202 448084 Web: www.springsupport.org.uk
The Lullaby Trust	Information on safer sleep and reducing Sudden Infant Death Syndrome (SIDS). They also offer emotional support for bereaved families.	https://www.lullabytrust.org.uk/Information &Advice 0808 8026869 Bereavement Support 0808 8026868
The miscarriage association	Information and support for miscarriage and ectopic pregnancy	http://www.miscarriageassociation.org.uk/ info@miscarriageassociation.org.uk 01924 200 799 – open Mon – Fri – 9am -4pm
Relationship counselling:		

Marriage Care (No set charge, ask for donations)	Offers: Relationship counselling, marriage preparation, relationship education. Face to face and telephone support. Bournemouth Wait time - 8+ weeks Central Bournemouth, BH2 6DX	Tel: 0800 389 3801 (Appointments) Tel: 01159 934 255 (Mobile rate) Web: www.marriagecare.org.uk
Relate Dorchester & Wimborne (£45 for day time appointments, £50 evening appointments) Bournemouth (£38 for assessment, £40-£55 for regular appointments)	Offers: Relationship counselling, sexual therapy, family counselling, counselling for young people and children, therapeutic meditation. Venue: Dorchester (Relationship counselling, sex therapy, young people's counselling, mediation, training & education) 2 Poundbury Business Centre, Poundbury, Dorchester, Dorset, DT1 3WA Wait time - Approx 2 weeks Venue: Wimborne (Relationship counselling) Flat 6, 22 Park Lane, Wimborne, Dorset, BH21 1LD (Wednesday evenings only) Wait time - Approx 2 weeks Venue: Bournemouth (Relationship counselling, sex therapy, mediation) 1 Stratfield Saye, 20-22 Wellington Road, Bournemouth, Dorset, BH8 8JN Wait time - 2 weeks for assessment / 4-6 weeks for regular appointments	Tel: 01305 262285 (Dorchester & Wimborne) Tel: 01202 311231 (Bournemouth) Web: www.relatedorset.org.uk
Safeguarding		
DHUFT Adult Safeguarding	For safeguarding advice and support for adults	Safeguarding Adults Advisor – Sandra Wood Tel: 01305 361106. Mob 07825897596 Email: sandra.wood@dhuft.nhs.uk Safeguarding Adults Lead – Fiona Holder Tel 01202 443117. Mob 07500814558 For urgent cases or out of hours please contact Social Services: 012020 657279

DHUFT Child Safeguarding	For safeguarding advice and support for children	Named nurse: Janice Carswell Contact: 01305 361465 Email: Janice.carswell@nhs.net For urgent cases or out of hours please call social services out of hours service on 01202 657279 Email: dhc.safeguarding.childrenadmin@nhs.net
Police MASH	For when there is a concern related to Safeguarding a vulnerable adult AND a criminal act. Most obvious examples would be Cuckooing, human trafficking, rogue traders taking advantage of our patients etc. Social services should also be contacted in these circumstances	mash@dorset.pnn.police.uk 01202 222229 (goes to Dorset Police number) Borough of Poole Children's' social care: 01202 735046 Email: children&families@poole.gov.uk Please note for other non-urgent intelligence for police which do not involve safeguarding concerns, the details can be emailed to enquiries@doset.pnn.police.uk or called through on 101
Prevent	Service to support people who may be vulnerable to radicalisation. Part of the police anti-terrorism strategy. https://bournemouth.gov.uk/communityliving/CrimeDisorder/prevent.aspx	Referral form can be found in therapist resources. These should be emailed to Dave Corbin Equality and Diversity Manager david.corbin@dhufn.nhs.uk 07500 225673 Dave is the prevent lead for the trust
Veterans		
Aviation Requirements	Recruitment Agency for ex-military personnel AR is an established Defence Consultancy that has been providing specialist support to the UK MoD and UK Defence Industry for over 15 years. Our core business is the provision of technical and logistic support, project management and other specialist skills.	http://www.aviationrequirements.co.uk/
Big White Wall	online self help/support network for adult family members of veterans.	www.bigwhitewall.com
Blind Veterans	Help blind ex-Service men and women lead independent and fulfilling lives by supporting them with our in-depth expertise, experience and full range of services	https://www.blindveterans.org.uk/ tel:02077235021

British Legion	help members of the Royal Navy, British Army, Royal Air Force, veterans and their families all year round. We also campaign to improve their lives, organise the Poppy Appeal and remember the fallen.	https://www.britishlegion.org.uk/ 0808 802 8080 from 8am to 8pm, 7 days a week
British limbless veterans (BLESMA)	Directly supports all our service men and women who lose limbs, the use of limbs or eyes or the sight of an eye in the service of our country.	Tel: 020 8590 1124 Web: www.blesma.org
Cassiobury Court	Cassiobury Court offers free help and advice for veterans who suffer with addiction and mental health problems. Cassiobury Court is a residential alcohol and drug rehab clinic which offers a range of treatments relating to stress and dependency disorders.	http://www.cassioburycourt.com/ Admissions: 01923 804 139
Civvy Street	CivvyStreet is The Royal British Legion's employability site to support you and your family in their civilian careers. It is an online service that is available to you whether you are currently in the Armed Forces and are planning your future civilian career or whether you have already served and are looking for qualifications, funding or a new job	https://www.civvystreet.org/
Combat stress	Support for male and female ex veterans and their carers. Treatment centre in Surrey. Free service. Support for depression anxiety and PTSD.	General enquiries: 01372 587000 CALL: 0800 1381619 24 hour helpline TEXT: 07537 404719 EMAIL: helpline@combatstress.org.uk

Combat Stress	<p>A range of residential treatment programmes, therapies and support delivered by specialist therapists and clinicians.</p> <p>Peer Support - Led by veterans for veterans, it's a chance to talk and share experiences, receive support and socialise with others who have also served in the armed forces.</p> <p>SUBSTANCE MISUSE - We can help you if you're worried about your alcohol or drug use.</p> <p>24-hour Helpline is on hand to provide confidential mental health advice to all current and former military personnel as well as families and carers. Call 0800 138 1619, text 07537 404 719 (standard charges may apply for texts), or email helpline@combatstress.org.uk.</p> <p>14 regional community teams across the UK providing support and workshops through individual appointments and group sessions.</p>	<p>https://www.combatstress.org.uk/ 0800 138 1619</p>
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DHUFT Armed Forces Community Health and Wellbeing Team	<p>The service is for members of the Armed Forces Community (AFC) living in the county of Dorset (including Bournemouth and Poole) . The Armed Forces Community Health and Wellbeing Team (AFCT) will provide a service to ensure members of the AFC are supported to access services that provide health and social care support AFCT makes use of a number of services in a co-ordinated way providing a single point of access for the Armed Forces Community. The team also takes factors such as housing, welfare and employment issues into consideration as part of our initial meeting and, when appropriate, will liaise with local organisations to ensure that members of the AFC receive timely and appropriate support.</p> <p>The Wellbeing Gateway We will offer an initial meeting with each veteran, family member or carer to establish the kind of help that would be most appropriated for each case.</p> <p>The Wellbeing Group We will offer a Wellbeing Course to help veterans and families to develop better awareness and ways to help individuals to stay well and live fulfilling lives.</p> <p>We also hope that in time you will want to become peer to peer specialists.</p> <p>Workforce Development We are working with our staff to ensure our workforce is aware of</p>	<p>Hahnemann House Hahnemann Road Westcliff Bournemouth BH2 5JW Email: dhc.dorset.veterans@nhs.net Tel: 01202 584428</p>
Forces Pension Society	independent not-for-profit pension watchdog, fighting for the interests of the Armed Forces and their families	https://forcespensionsociety.org/

Help for Heroes	<p>Help for Heroes believes that those who put their lives on the line for us, deserve a second chance at life. We provide lifetime support for the Armed Forces Community and their families. We provide recovery and support for the Armed Forces community whose lives are affected by their service, no matter when they served.</p> <p>Their aim is to empower Veterans and Service Personnel to look beyond illness and injury. Every penny we raise, facility we run and activity we offer is to help Veterans and Service Personnel reach their potential, regain their purpose and have a positive impact on society.</p>	https://www.helpforheroes.org.uk/
Hidden Wounds	<p>Free and confidential support for veterans, their family and the families of those currently serving who are suffering with anxiety, depression, stress, anger and alcohol. Symptoms can include a lack of motivation or interest in everyday activities: An uncontrollable sense of worry; a fear of crowds; physical tension in the head or</p>	www.helpforheroes.org.uk/get-upport/mental-health-and-wellbeing/hidden-wounds-service

National Gulf Veterans and Families Association	<ul style="list-style-type: none"> •To enhance and improve the quality of the day-to-day lives of all veterans of desert conflicts and their families, partners and carers, through support, information, advocacy and counselling. •To provide a safe haven for veterans of desert conflicts and their families, partners and carers to be able to talk about the impact their service has had on their lives. •To educate and provide information for the public and health care professionals to assist and improve the support and health care provided for veterans of desert conflicts and their families, partners and carers. 	http://www.ngvfa.org.uk/ 0845 257 4853 info@ngvfa.org.uk
NHS Transition, Intervention and Liaison for Veterans mental Health Services	Call to discuss cases, potential referrals, signposting. Refer for engagement issues, complex PTSD (In particular childhood trauma.)	Dorset: Vanessa Ballard: 07712 425722

Relate	Together with The Royal British Legion, Relate Dorset is able to offer relationship counselling or family counselling to anyone who has served at least 7 days in the armed forces of the United Kingdom and their families. The most at risk group are those who are troubled by the transition into life as a civilian. This is not always a smooth journey; indicators such as depression, stress and isolation manifest themselves at this time and directly impact family life. Relate is aware that the DHUFT Armed Forces Community Health & Wellbeing Team are encouraging GPs to record if a patient has served in the armed forces and we hope this data may help refer potential clients to Relate.	https://www.relate.org.uk/dorset-south-wiltshire
Ripple Pond	Online self help/support network for adult family members of veterans.	www.theripplepond.org
Sapper Support	“to alleviate the suffering caused by PTSD and associated mental issues. To give aid to those who need our help regardless of background or status.”	http://sappersupport.com/
South West Veterans	Veterans who live in the South West are able to self refer. Also, family, friends or anyone else involved in their care may refer by completing the referral form on the website.	030055501112 www.swveterans.org.uk
SSAFA	Practical, emotional and financial help for serving personnel, veterans and family members	website: ssafa.org Tel:01202742394 email: ssafadorset@gmail.com Pilgrim House, 1 Hope Street, Weymouth, DT4 8TY Telephone 01305 458487 Email ssafaweyport@talktalkbusiness.net Answerphone service
Step Together	Volunteering opportunities for sick and injured veterans	www.step-together.org.uk
Veterans Breakfast Club	Meets regularly on Saturday mornings at Riveria Hotel Weymouth	https://www.forcesonline.org.uk/veterans-directory/weymouth-and-portland-veterans-breakfast-club/

Veterans Gateway	We put veterans and their families in touch with the organisations best placed to help with the information, advice and support they need – from healthcare and housing to employability, finances, personal relationships and more.	https://www.veteransgateway.org.uk/
Veterans Forge	Near Corfe Castle - primarily for veterans but other groups can book sessions, set up as a CIC to teach blacksmithy skills	William Spicer theveterans@theveteransforgecic.com Oakwood Farm, Ailwood, Corfe Castle, Wareham, Dorset, BH20 5JA www.theveteransforgecic.com
We are Life Works	A 4-5 day course tailored specifically towards helping ex-Forces personnel secure the future they want. We'll help you identify your strengths as well as potential career or training opportunities. From job searching to CV writing, we'll help you develop the skills you need. We'll help you manage the impact of a change in situation, increasing your confidence and motivation	https://www.wearelifeworks.org.uk/ex-forces/?gclid=EAlaIQobChMIzcTchfHR1wIVQ-AYCh1kuQr7EAAYAAEgl10_D_BwE
Weymouth and Portland Veterans Hub	CIC operated coffee shop - open 9-5 Tuesday to Saturday offering befriending and informal peer mentoring. Links to the Horse Course (which has Help for Heros funding for Veteran Courses)	theveteranshubweymouth@outlook.com
		http://ptsdresolution.org/
Victims of Terrorism		
Bereavement support	Cruse Bereavement Care is a national charity for bereaved people in England, Wales and Northern Ireland. Cruse offers support to adults, young people and children when someone dies, whatever the circumstances.	0808 808 1677 Monday to Friday 9:30am to 5pm (excluding bank holidays), with extended hours to 8pm on Tuesdays, Wednesdays and Thursdays Email helpline@cruse.org.uk www.cruse.org.uk
National Homicide Service	The National Homicide Service provides emotional, practical and specialist support to families bereaved by murder or manslaughter, including where this has occurred as an act of terrorism.	0808 168 9111

NSPCC	The NSPCC helpline 0808 800 5000 provides parents or carers with advice on how to speak to a child about a terror incident. This is also the number to dial if you are worried that a child is being radicalised or at risk of radicalisation.	0808 800 5000
Peace Foundation Survivors' Assistance Network	The Peace Foundation Survivors' Assistance Network provides specialist support for all those in the UK affected by terrorist attacks at home or overseas, including witnesses and family members	SAN@foundation4peace.org 01925 581 240 http://www.survivorassistance-network.org/
UK Government	Information on organisations who offer support to those who have been victims of terrorist attacks	https://www.gov.uk/government/publications/helplines-and-support-victims-of-terrorist-attacks/helplines-and-support-victims-of-terrorist-attacks
Victims Support	<u>Victim Support operates a 24/7 Support line, offering emotional and practical support for anyone affected by an attack. You may have been directly involved, witnessed it or you feel impacted by the event.</u>	www.victimsupport.org.uk 0808 168 9111
Victims' Information Service	Victims' Information Service is a national information line helping victims of crime to get information on local support available across England and Wales	0808 168 9293
Young people		
Alateen	Support for teenagers aged 12-20 who are affected by someone else's drinking.	Web: www.al-anon.alateen.org Tel: 01202 311231
Childline	Support up to age 19. counselling, advice line, email support. Advice and support for general issues, exams, mental health, family issues, bullying, sexual identity.	Tel: 0800 1111 Web: www.childline.org.uk
Hyped	Support for young people with housing issues. Also offer advice and information on drugs, alcohol, education, work, money.	Tel: 0300 123 8088 Email: info@hyped.org.uk

Kooth	On line services for young people 11-18 giving unlimited access to professional online counsellors along with moderated forums, self-help materials and a mood journal.	https://kooth.com/ Monday – Friday 12pm – 10pm Saturday – Sunday 6pm – 10pm
No Panic Youth Helpline	Helpline for 13-20 year olds with anxiety disorders.	Helpline: 08449674848 (every day 10am-10pm) Youth Helpline: 03306061174 (Mon-Fri 3pm-6pm) www.nopanic.org.uk
Papyrus	Prevention of suicide in young people. We provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through our helpline, HOPELINEUK.	https://papyrus-uk.org/ pat@papyrus-uk.org 0800 068 4141
Princes Trust	Full time courses and support for 16-25 year olds not in education or employment. Courses are free and don't effect benefits.	Tel: 0800 842 842 Web: www.princes-trust.org.uk
Quay Foyer	Housing, support, training for socially disadvantaged 16-25 year olds.	Tel: 01202 633417 Email: quayfoyer@raglan.org
Student Minds	UK charity for university students. "We empower students with the knowledge, confidence and skills to look after their own mental health and support others through our national network of university groups. One conversation at a time, we will transform the state of student mental health". Lots of Information/blogs/campaigns/videos related to student mental health and positive wellbeing.	www.studentminds.org.uk
Students Against Depression (SAD)	Offers comprehensive information and resources to help students identify low mood or depression and then find a way forward.	http://studentsagainstdepression.org/

Waves (The Children's Society) Weymouth	Waves provide services that cater for the needs of the whole family including a young person's counselling service, 'Stand By' providing six weeks of therapy, a family mediation service, an outreach parenting service and a specialist team dedicated to working with parents and children that have suffered domestic abuse	https://advisedorset.org.uk/services/waves-childrens-society/ 52 St Mary Street, Weymouth, DT4 8BJ
Young Minds	Supporting young people with mental health problems.	Tel: 0808 802 5544 (Parents only - no helpline for children) Email: ymentquiries@youngminds.org.uk
Xtra		
Connect - Dorchester Arts	Connect is a resident theatre and drama skills group for adults. It's free and suitable for all ages (18+) and experience. Builds confidence and presentation skills. Allows people to meet and socialise with new people.	Call 01305 266926 or email enquiries@dorchesterarts.org.uk
Our Blue Light	Mental health support for those in emergency services - police, fire, ambulance etc.	0300 303 5999 www.ourbluelight.com