

Connection Service

24-7 support outside Community Mental Health Team opening hours

How to access	Call for support outside CMHT office hours
Opening hours	24 hours per day, 7 days per week, 365 days a year
Telephone	0800 6520190 or NHS 111

The Retreat

A safe place to discuss your problems and access peer support

How to access	Drop-in, no appointment needed
Opening hours	Open 7 days a week, 365 days a year: 4:30pm to midnight
Bournemouth	Hahnemann House, Hahnemann Road, Bournemouth, BH2 5JW
Dorchester	30 Maiden Castle Road, Dorchester DT1 2ER

Community Front Room

A safe space where you can speak to a mental health worker or peer specialist

How to access	Drop-in, no appointment needed
Opening hours	3.15pm -10.30pm every Thursday, Friday, Saturday and Sunday
Address	Unit 1 Leanne Business Centre, Sandford Lane, Wareham, BH20 4DY

Paragon

Paragon aspires to a world free of stalking, domestic abuse and sexual violence

How to access	Self refer by phone/email, or referral via a professional
Opening hours	9am-5pm, Monday to Friday excluding Bank Holidays
Telephone	0800 032 5204
Email	paragondorset@theyoustrust.org.uk

REACH

The community alcohol and drugs service for Dorset

How to access	Self-referral or call the number below for advice
Opening hours	Swanage: 9.30am-4.30pm, Monday and Wednesday only Wareham: 9.30am-4.30pm, Tuesday and Friday only
Telephone	0800 0434656
Wareham	Purbeck Gateway Church, Ropers Lane, Wareham, BH20 4QT
Swanage	Swanage Day Services, 107 High Street, Swanage, BH19 2NB

FirstPoint

Provides housing related support and guidance to people over 16 years of age facing eviction, rent arrears, court action and budgeting issues

How to access	You can self-refer to the service via telephone or email, or you can be referred to the service through an agency
Opening hours	9am-5pm, Monday to Friday excluding Bank Holidays
Telephone	0330 123 2550
Email	Fp.enquiries@theyoustrust.org.uk

Swanage and Wareham Depression Group

A drop-in group for anxiety, depression, stress and other mental health issues

How to access	Drop-in, no appointment needed
Opening hours	7-9pm every Wednesday
Telephone	01929 426896
Address	Salvation Army Hall, Kings Road East, Swanage
Email	

Steps 2 Wellbeing

A free, confidential, NHS service for to people aged 18+ offering a range of treatments for people experiencing mild to moderate depression and anxiety disorders

How to access	Self-referral or call the number below for advice
Opening hours	9am-5pm, Monday to Friday excluding Bank Holidays
Telephone	0800 484 0500 (from 22/11/22)
Website	www.steps2wellbeing.co.uk

CRUSE Bereavement Care

Face-to-face, telephone, email and website support to help cope with bereavement

How to access	Call for free support
Opening hours	9.30-5pm Monday-Friday, National service open till 8pm Tuesday, Wednesday and Thursday evenings
Telephone	01305 260 216 (local) 0808 808 1677 (national)

STARS Sexual Trauma and Recovery Service

Free service for people of any age or gender, who have experienced any form of sexual violence at any time in their lives

How to access	Clients can self-refer over the phone, or be referred by a professional
Opening hours	24 hour phone service
Telephone	01202 308855

Recovery Education Centre (REC)

Education and training on self-management, self-determination, choice and responsibility

How to access	Self-refer online or posting registration form (on website)
Opening hours	9.30am-4.30pm, Monday to Friday excluding Bank Holidays
Telephone	01202 584478
Email	dhc.recovery.educationcentre@nhs.net
Website	Google 'Recovery REC Dorset' for details

Mind

This phone line is a useful source of information for types of mental health problems, where to get help; medication and alternative treatments; and advocacy.

How to access	Call for free support
Opening hours	9am to 6pm, Monday to Friday (except for bank holidays)
Telephone	0300 123 3393, Text: 86463.