

## Who are we?

We are a local mental health charity, part of the Mind family of charities, and we believe that anyone with mental health problems should be able to lead the life they want.

## Our Vision

“To provide help and support towards mental wellbeing for all”

## Our Mission

“To deliver high performing specialist support services that are responsive and safe, which provide support and care for people in order to promote their understanding, improve their ability to achieve and improve their mental health and well being.”

## Our Values

“Respect and dignity, Improving lives, Commitment to quality of care, Working together for service users, Compassion, Everyone counts, Reducing stigma, Promoting recovery, Reducing social isolation.”

To support Dorset Mind, please visit [justgiving.com/dorset-mind](https://www.justgiving.com/dorset-mind)

Dorset Mind  
3 Stratfield Saye  
20-22 Wellington Road,  
Bournemouth  
BH8 8JN

W: [dorsetmind.uk](http://dorsetmind.uk)  
T: 01202 551650  
e: [contact@dorsetmind.uk](mailto:contact@dorsetmind.uk)

We're Dorset Mind, the mental health charity. We're here to make sure anyone with a mental health problem has somewhere to turn for advice and support.

Dorset Mind does not offer any undertaking as to whether a particular Dorset Mind service is suitable for any particular person. Dorset Mind does not make an assessment of anyone's mental health or circumstances prior to their attendance at a group or service.

Leaflet created by Dorset Mind in June 2016.

# Dorset Mind Youth Services



Dorset Mind is a registered charity - No. 1108168 and is registered in England as a company limited by Guarantee No.5333018



## What are we doing?

In order to support young people aged 14 to 25 in the local area with mental health problems, Dorset Mind are working in conjunction with Westbourne Rotary Club to develop a number of youth groups and services across Dorset.

To find out when and where our groups run please go to our website, [dorsetmind.uk](http://dorsetmind.uk)

### Young Active in Mind

Young Active in Mind will provide a warm, welcoming and safe environment in which young people feel supported, encouraged and stimulated. The hub of the group will be a coffee bar where there will be space to sit, talk and have informal discussions.

Each session will include a guided relaxation or mindfulness exercise, time to share experiences and concerns, and discussion workshops based on group members' requests. There will also be regular activities such as badminton and fitness sessions as well as scrabble, pool, table tennis and the occasional outings.

### Mental Health Helpline

Young people will be able to email or telephone in to our helpline and our trained staff will help signpost them to appropriate sources of help.

## Mental Health Information

We plan to offer a wide range of information about mental health on our website in a format suitable for young people. This will include links to other websites, videos and sound bites.

### Youth Signposting

It can be difficult to find out where in Dorset you can go for help and support, and so we are developing a Directory of Local Mental Health Services suitable for young people.

### Young People's Forums

We recognise that many young people find it easier to communicate and access support using technology, and so we are developing professionally facilitated internet forums to provide a 'safe place' for young people to share their concerns and achievements and access support.

### Young Befriending

The Young Befriending Service will offer individual support by trained volunteer befrienders to young people with mental health problems. The aim will be to improve the quality of life of young people by helping them regain confidence and social skills.

## Education in Mind

We are planning a service which can provide input into school assemblies, PHSE lessons or similar in order to help educate young people (and their teachers) about mental health. We will also be offering a range of training, tailored to an educational establishment's or organisation's individual requirements, and delivered either at their premises or ours.

### Creative Pathways

Many young people find that art, music, theatre, creative writing or photography can support their recovery. and so we are developing pathways to creative art services.

## How can you help?

We estimate the cost of setting up these services and running them for one year to be in excess of £55,000.

There are currently very few services specifically designed to support Young People's mental health in Dorset, but there are a large number of young people in desperate need of help.

Please help us provide these important young people mental health services by fundraising, volunteering with us or supporting us with grants.

Please go to our website [dorsetmind.uk](http://dorsetmind.uk) for further information about how you can help.