

## Information Services:

You can find a wide range of information about mental health on our website, including apps, videos, and a Directory of Local Mental Health Services.

## Phone/Email Helpline:

Our staff often speak with people experiencing mental health problems or their family, and can help signpost them to appropriate sources of help. Email [contact@dorsetmind.uk](mailto:contact@dorsetmind.uk), or call us on 01202 551650.

## Training Courses:

Our courses include: mental health awareness, emotional resilience, stress and anxiety, wellbeing, and Asperger Syndrome. Training can be tailored to an organisation's individual requirements and delivered at their premises or ours.

## Young People's Services:

We're currently developing a range of services for young people aged 14 to 25. Please see our website for information.

## Leave a gift in your will

By leaving Dorset Mind a gift in your will, you will enable us to continue helping people who suffer from mental ill health for many more years to come. Please contact us for a Legacy Leaflet.

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 is a registered charity - No.108168 and is registered in England as a company limited by Guarantee No.5333018. Jan 2017.

# Dorset Mind Services

- Support Groups
- Befriending
- Information Services
- Phone/Email Helpline
- Training Courses
- Young People's Services



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



## Who are we?

Dorset Mind is a charity that has been supporting local people with mental health challenges since 1946. We are an affiliate of national Mind, but generate all our funding - so any fundraising, support, and sponsorship is vital to us. We believe that anyone with mental health problems should be able to live 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. To provide support and care for people to increase their understanding, improve their ability to achieve goals, and to improve their mental health and wellbeing.

## What do we do?

- Raise awareness about mental ill health.
- Challenge the inequality and stigma of mental ill health.
- Promote the ethos of recovery.
- Provide a range of support services that assist people in their recovery.

## How do we help?

We help people who live in Dorset and want to use our services. We offer support groups, education, and training for mental health problems. We also run a befriending service, signposting services, and a phone/email helpline.

### Facilitated Support Groups:

**ACTIVE IN MIND** provides a warm and safe environment for people with mental health problems to take part in activities such as badminton, board games, outings and discussions.

**MINDOUT** offers a safe, confidential and accepting space for LGBTI people. Peer support is offered as part of a recovery based approach. Meets in Weymouth and Bournemouth.

**PANACEA IN MIND** provides peer support for people who live with anxiety

conditions. Includes mindfulness and guided relaxation. Day and evening groups are currently offered.

**WELLBEING IN MIND** focuses on managing depression and anxiety. The group offers peer support and healthy methods of coping.

**WOMEN IN MIND** provides a safe, secure, and understanding environment, in which women can support each other.

### Befriending:

Our befriending service offers one-to-one support from trained volunteer befrienders. Their aim is to improve the quality of life of their clients by helping them regain confidence and overcome isolation.

We help anyone who is experiencing MILD to SEVERE mental health problems. They may or may not be under a CMHT, Steps to Wellbeing, or their GP.

To find out more, including where and when our groups take place, please see our website: [dorsetmind.uk](http://dorsetmind.uk).



T: 01202 551660 E: [contact@dorsetmind.uk](mailto:contact@dorsetmind.uk) W: [dorsetmind.uk](http://dorsetmind.uk)