



Access Wellbeing



Helping you when you need it



What is Access Wellbeing?



Access Wellbeing offers mental health and wellbeing support to anyone over 18 years old.



It is free to use and you do not need to book an appointment.



Our friendly wellbeing coordinators listen and help you find the right support.

What support can I get?

You can get support for:



- mental health support



- wellbeing support



- worries about money



- worries about housing



- worries about work



- carer support



- social activities



- feeling lonely

What happens when I visit?



A member of staff will welcome you and show you where you can wait.



A wellbeing coordinator will see you as soon as they can.



They will talk to you about:

- why you are there
- what is happening and how they can help

They might:

- help you make a wellbeing plan
- put you in touch with organisations that can help
- invite you to another session. This could be online or in person



Where are the Access Wellbeing Hubs?



Our hubs and drop ins are available all over Dorset.



You can find out where our hubs are by:

calling 0800 872 8222

or



visiting our website
dorsetaccesswellbeing.co.uk

Where can I go for Mental Health Crisis support?



Access Wellbeing does not give mental health crisis support.

If you feel overwhelmed and need urgent help, you can contact:



Samaritans
Call 116 123



Shout
Text SHOUT to 85258



Connection
Call 0800 652 0190

Access Mental Health
Visit their website
www.dorsethealthcare.nhs.uk/access-mental-health

More Information



Dorset HealthCare University
NHS Foundation Trust



Access Wellbeing is a partnership between Dorset HealthCare University Foundation Trust and five charities.



These charities are:

- BCHA
- Help and Care
- The Lantern Trust
- Dorset Mind
- Harmony



Each charity manages Access Wellbeing in a different area.