

**NO
LiMiTS**

Helping Young People
Help Themselves



**DORSET
SUPPORT SERVICES
FOR AGES 18+**

CRISIS SUPPORT

PAPYRUS

A UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.



papyrus-uk.org



0800 068 4141

Available 24/7

Samaritans

A listening service that can be contacted by phone, email and letter. There's also a face-to-face service available at their local branches.



samaritans.org



116 123

Available 24/7

National Suicide Prevention Helpline

Offers a supportive listening service to anyone with thoughts of suicide.



spuk.org.uk



0800 689 5652

6pm - midnight every day

CALM

You can call CALM if you are struggling and need to talk. Or if you'd prefer not to speak on the phone, you could try their webchat service, available 5pm - midnight every day.



thecalmzone.net



0800 58 58 58

5pm - midnight every day

Connection 24/7 Mental Health Helpline

A round-the-clock helpline for people of all ages, anywhere in Dorset, who are experiencing mental health problems and need support.



0800 652 0190

SANEline

Out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.



sane.org.uk



0300 304 7000

4pm - 10pm every day

SHOUT

A text service for anyone in crisis anytime, anywhere. Available for free on all major mobile networks. If a place to go if you're struggling to cope and need immediate help.



giveusashout.org



Text 'SHOUT' to 85258

Available 24/7

NHS 111

A number to call if you are in crisis.



111.nhs.uk



111

Available 24/7

FURTHER SUPPORT

Steps 2 Wellbeing

Available to adults registered with a GP in Dorset. Offer talking therapies including counselling, online courses, CBT and guided self-help to support you with common mental wellbeing issues.

Self refer by calling them or completing their online form.



steps2wellbeing.co.uk



0800 484 0500

Access Wellbeing

Hubs and drop-ins that provide a welcoming space for you to find support on issues that matter to you. Staffed by skilled wellbeing coordinators, they are trained to provide help and advice across a wide range of areas with time to listen.

They can help people access support on topics including: mental health and emotional wellbeing, social connections and activities, grief / loss / bereavement, work / money / benefits support, housing, support for carers and family, volunteering.

Boscombe

3-5 Palmerstone Road

Bournemouth

BH1 4HN

9.30am - 4.30pm Mon-Fri

07385 473 687

Poole

The Dolphin

Poole

BH15 1SZ

9.30am-12pm & 1pm-4pm, Mon-Fri

01202 672 144



dorsetaccesswellbeing.co.uk

Access Wellbeing have further drop-ins across Dorset. See website for full list.

The Retreats

For if you're struggling to cope with life and feel yourself approaching, or at, a crisis point. Aims to provide you with a safe and welcoming environment where you can discuss your problems and work towards solutions. Staffed by both mental health professionals and peer specialists, they offer out-of-hours support and advice on self-management.

Bournemouth

Hahnemann House
Bournemouth
BH2 5JW

Dorchester

Glendenning Unit
Dorchester
DT1 2ER

4.30pm-11.30pm, with last entry at 11pm.



0800 652 0190

Recovery Education Centre

Courses are free to attend and are open to anyone over the age of 18 years living in Dorset. Our vision is to provide a learning space that is accessible to all, available to people with personal experience of mental health difficulties and those accessing mental health services, as well as carers, friends, family, supporters and staff. Co-develops and co-delivers free educational-based courses (in person & online) and resources focusing on recovery, wellbeing and shared learning, bringing together the expertise of professionals and people with lived experience.

Monday to Friday, 9.30am-4.30pm, excluding bank holidays.



dorsethealthcare.nhs.uk/our-services-and-sites/mental-health-and-learning-disabilities/recovery-education-centre



01202 584 478

Dorset Mind

Adult counselling

Dorset Mind offers a goal-based person-centred approach to counselling for anyone experiencing mild to moderate issues. Offer 12 sessions at low cost. Assessment is £15 and then sessions between £20 and £30.



dorsetmind.uk/what-we-offer/adult-services/adult-121s/adult-counselling/adult-counselling-referral-form

Active Monitoring

Programme of supportive intervention and guided self-help to improve your mental health and wellbeing. Referrals made by your GP - check using the link below if your GP is included.



dorsetmind.uk/what-we-offer/adult-services/adult-121s/adult-active-monitoring

Groups

Group services aim to develop positive mental wellbeing and reduce social isolation. Facilitated by experienced practitioners. Sessions will introduce you to techniques to improve mental wellbeing and self-esteem. Groups include Men in Mind and Eco in Mind. For the full list of groups and their locations, go to:



dorsetmind.uk/what-we-offer/adult-services/adult-groups

Raft

Offer relationship, family and individual counselling. Works on a case-by-case basis and with a person centred approach. Contact them for pricing.



raft.org.uk



01202 311 231

The Shores (Sexual Assault Referral Centre)

Offering medical, practical and emotional support to anyone who has been sexually assaulted or raped. They have specially trained Forensic Nurse Examiners (FNE) and support workers to care for you. You can attend and access their services regardless of your decision to report the assault to the Police.

5 Madeira Road, Bournemouth, BH1 1QQ
Open 9am - 6pm



the-shores.org.uk



0800 9709 954

STARS (Sexual Trauma and Recovery Service)

Independent Sexual Violence Advisor (ISVA) Service

Provides free practical and emotional support, information and guidance to anyone who resides in Dorset, has experienced any form of sexual violence at any time in their life and wishes to explore what options they have available to them.

Counselling

Provide free one-to-one, person-centred, trauma-informed counselling for anyone affected by sexual trauma. Counselling sessions are held in person at centres in Dorchester and Poole.

info@starsdorset.org



01202 308 840

24/7 Rape and Sexual Abuse Support Line

Telephone support for anyone in England and Wales who has been affected by rape, child sexual abuse, sexual assault, sexual harassment or any other form of sexual violence – at any point in their life. This includes people who have experienced sexual violence or abuse themselves, as well as their friends, family or anyone else who is trying to support them.



247sexualabusesupport.org.uk



0808 500 2222

WithYou

Providing free and confidential services for those in the Bournemouth, Christchurch and Poole area, without judgement, to adults and young people facing challenges with drugs and alcohol. Contact them if you have questions, need advice, or just want to talk.



[wearewithyou.org.uk/local-hubs/
bournemouth-christchurch-and-poole](https://wearewithyou.org.uk/local-hubs/bournemouth-christchurch-and-poole)



0800 9709 954

Reach

People who live in Dorset (excluding Bournemouth, Christchurch and Poole) who want support to manage, reduce or stop their drug and/or alcohol use, or are worried about someone else's drug and/or alcohol use.

Monday - Friday 9am - 5pm













[waythrough.org.uk/find-support-near-
me/reach-wimborne](https://waythrough.org.uk/find-support-near-me/reach-wimborne)



0800 043 4656

MENTAL HEALTH PAIN SCALE

Sometimes it can be hard to put our emotions into words. This tool helps you let others how you are feeling emotionally, and what your immediate needs are. Use it to help you explain to your parents, professionals, and other people in your life.

MILD		1	Everything is just right! There's nothing wrong at all and you feel great!
		2	You might be a bit frustrated or disappointed but it isn't going to ruin your day. You'll cheer up soon.
		3	Something might be bothering you, like being overtired or hungry, but you're doing okay.
MODERATE		4	It's been a bad day or a bad few days. But you know you'll get through it. Take care of yourself.
		5	Your mental health is starting to impact on your normal life. Easy things are getting harder. You should talk to someone.
		6	You can't do things you'd usually do because of your mental health. You're getting impulsive and compulsive thoughts that are hard to get rid of.
SEVERE		7	You're avoiding doing things that might make you feel even worse, but this isn't good. You definitely need to talk to someone, it's getting serious.
		8	You can't hide it any longer. You might have issues with things like eating, sleeping, school, having fun with friends and family. Your mental health is affecting almost every part of your life.
		9	You're at a critical point. You aren't functioning properly anymore. Negative thoughts and feelings are constant and you don't know what to do. You may be at risk if you don't get support.
		10	You're experiencing the worst emotional distress possible. Things can't get any worse and you can't see it getting better. You feel like this is it. You need to contact a crisis line immediately.

USEFUL APPS



Calm Harm

Helping young people manage the urge to self-harm



DistrACT

Trusted information for people who self-harm or feel suicidal



Stay Alive

Helping you plan and stay safe during a mental health crisis



HarmLess

Empower your resilience against self-harm and life's stresses



Tellmi

Share your mental health concerns anonymously and get help and advice



My Possible Self

Your companion for anxiety, sleep, stress, depression and wellbeing



Mindshift CBT

Manage your anxiety and stress using cognitive behavioural therapies



I Am

Daily affirmations to help build self-esteem and change negative thoughts



Calm

Helping you to sleep more, stress less and live mindfully



Headspace

Lifelong guide to mental health, mindfulness and meditation



Catch It

Better understand your moods using an ongoing mood diary



Finch Self Care

A self-care pet app helping your feel prepared and positive one day at a time



Kinder World: Wellbeing Plants

Find peace and relaxation in everyday life as you raise plants



Tiimo

Daily planning and learning app designed for neurodiverse individuals



Habitica

Habit-building and productivity app to gamify your tasks and goals



I Am Sober

Get motivated by tracking sober days and build new habits and connections



Everything AA

Helping you on your Alcoholics Anonymous journey



Callie

Take control of your personal safety



Hollie Guard

Turn your phone into a personal safety device and help protect yourself from violence



WalkSafe+

Travel safely, create a safety circle and enjoy a safer experience when out with friends



Y-Stop

Record yourself and monitor how police stop & search is conducted

LOOKING AFTER YOUR MENTAL HEALTH

Talk to someone you trust

Let someone know how you feel. Talking can help you to unload how you're feeling and is often the first step to tackling your issue.



Talk to someone who you trust and think will support you - this could be a friend, family member, No Limits worker, teacher or someone else.



Take baby steps

When you feel low, everything is 10 times harder than usual. Make sure you take things slowly and feel proud of every small thing you do. Don't beat yourself up if you think you haven't done much - each small step is positive. Even simple tasks like getting out of bed, having a drink or cleaning your teeth can be challenging. However, they are all small, positive steps.

Make a self-soothe box

A box full of things to distract yourself and keep you calm can be really helpful. Put things in the box that will make you happy, like pictures of family and friends, or your favourite book. Try and include sensory things in the box to distract you, like headphones to listen to music, a special teddy or blanket to hold and something that smells like and relaxes you.



Spend time looking after yourself

Try going for a walk and getting some fresh air, or having a bath or shower. These things are good for clearing your head and having a reset. You could also watch your favourite film, listen to your favourite song or read a book to take you to a place far away from the world.

Look after your physical health

Eating the right food gives our body the right nutrients to be able to function properly, which is important when trying to maintain positive mental health. Your body also releases endorphins, serotonin and dopamine when you exercise, which all make you feel better.



By making gradual changes to your lifestyle, you'll find it easier to adjust slowly, rather than throwing yourself in at the deep end.

Make sure you're also getting enough sleep, too, as not getting enough contributes to feeling low. Try and aim for eight hours a night.



Try mindfulness

Mindfulness is a great way to clear your head and feel calm. Lots of things count as mindfulness, like colouring, a slow walk in fresh air and breathing techniques. It's really just about being present in that moment, noticing the things around you and your body. Think of it like a soft, warm, wet flannel around your head.



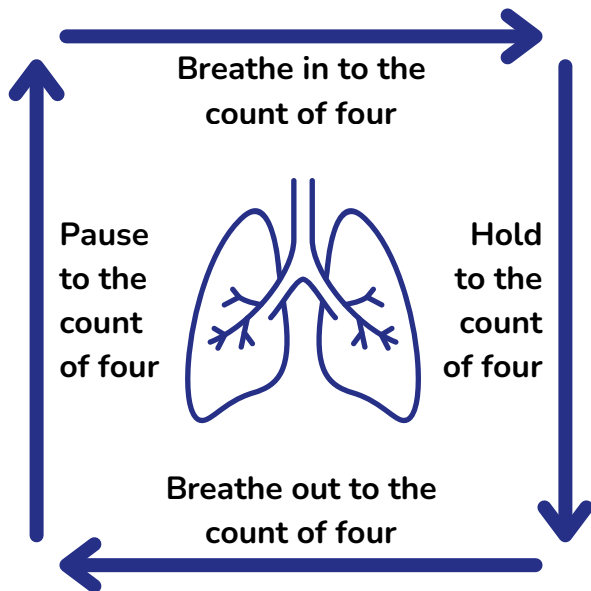
Find out more about mindfulness from Mind:
[mind.org.uk/information-support/drugs-and-treatments/mindfulness/about-mindfulness](https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/about-mindfulness)

TIPS FOR MANAGING ANXIETY AND LOW MOOD

Controlled breathing

When you are anxious, your breathing becomes shallower and faster. This can make you feel dizzy or light-headed, which in turn can cause you to feel more anxious.

Begin to practice this when feeling calm; you can sit with your hands by your side or on your chest. Repeat this for two minutes:



It can also be helpful to use your exhale to let go of anxieties, imagine these worries floating away. When you breathe in imagine a sense of wellbeing filling your lungs, stomach, then whole body.

Grounding techniques

When feeling anxious, some people have the feeling of being 'disconnected' from their body and 'not real'. When using the grounding technique, you will purposefully take in the details of your surroundings using each of your senses. Strive to notice small details that your mind would usually tune out, such as distant sounds, or the texture of an ordinary object.

5

What are 5 things you can see? Look for small details such as a pattern on the ceiling, the way light reflects off a surface, or an object you never noticed.



4

What are 4 things you can feel? Notice the sensation of clothing on your body, the sun on your skin, or the feeling of the chair you're sitting in. Pick up an object and examine its weight, texture and other physical qualities.



3

What are 3 things you can hear? Pay special attention to the sounds your mind has tuned out, such as a ticking clock, distant traffic, or trees blowing in the wind.



2

What are 2 things you can smell? Try to notice smells in the air around you, like an air freshener or freshly mowed grass. You may also look around for something that has a scent, such as a flower or an unlit candle.



1

What is 1 thing you can taste? Carry gum, candy or small snacks for this step. Pop one in your mouth and focus closely on the flavours.



Emotional First Aid Kit

Create an emotional first aid kit for times of distress or to use in an emergency. Like if you cut your finger and have a first aid kit including a plaster, it can be helpful to have an emotional first aid kit to counteract those days when you are feeling low.



