



steps2wellbeing
Southampton & Dorset



Providing vital support for those experiencing mental health problems.

🔍 dorsetmind.uk

Digital support for children & young people:

Chat Health
🔍 chathealth.nhs.uk

Kooth
🔍 kooth.com

SHOUT
24/7 text 'SHOUT' to 85258



Health and wellbeing support.

Free coaching, support and advice for your health and wellbeing.

🔍 livewelldorset.co.uk



NHS talking therapies service.

Offering talking therapies for mental health conditions such as depression, anxiety, and stress.

🔍 steps2wellbeing.co.uk



Mental health support.



Promoting wellbeing and recovery through lived experience expertise.

🔍 dorsetmentalhealthforum.org.uk

Digital support for adults:

Health Apps
🔍 ourdorset.orchd.co.uk



Local public health advice.

Mental health support & cost of living support.

🔍 publichealthdorset.org.uk





Help & Kindness
Warm Welcomes in Dorset - Cost of
Living Crisis Community Support.



Government backed guidance.

Local cost of living support.

Local cost of living support.

Community support & resources.

Community support & resources.

Free impartial help with money,
backed by the government.

🔍 moneyhelper.org.uk



Local & national schemes
that can help you with rent,
food, energy and more.

🔍 bit.ly/bcp-col



Free confidential and impartial
support on finance, food, housing,
debt, energy and more.

🔍 bit.ly/dorset-col



Dorset Community Mental Health
Alliance (DCMHA)

🔍 dcmha.uk



Dorset Youth Association

🔍 dorsetyouth.com
☎ 01305 262440

