

**NO
LiMiTS**

Helping Young People
Help Themselves



DORSET
SUPPORT SERVICES
FOR AGES 18+

CRISIS SUPPORT

Samaritans

A supportive listening phone service. You can also contact them by email and letter, and get face-to-face support at a local branch.

 [samaritans.org](https://www.samaritans.org)

 116 123
Available 24/7

NHS Dorset Connection

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
Available 24/7

SHOUT

A text service for anyone in crisis anytime, anywhere. Available for free on all major mobile networks.

 [giveusashout.org](https://www.giveusashout.org)

 Text 'SHOUT' to 85258
Available 24/7

IN-PERSON SUPPORT

The Retreat

If you are struggling to cope with life and feel yourself approaching a crisis point, you can attend The Retreat at Hahnemann House in Bournemouth or in The Lantern Trust on Ranelagh Road in Weymouth. Last entry to the retreat is at 11pm. Full locations and times are available on their website.

 [the-retreat.org.uk](https://www.the-retreat.org.uk)

Access Wellbeing Dorset

Free mental health and wellbeing support for anyone aged 18 and over, with no appointment or referral needed. Main Hubs in The Dolphin in Poole and Palmerston Road in Boscombe are open Monday- Friday (excluding bank holidays). Full locations and times are available on their website.

 [dorsetaccesswellbeing.co.uk](https://www.dorsetaccesswellbeing.co.uk)

THERAPEUTIC SUPPORT

Raft

Counselling for children aged 6 to 25. Referrals can be taken directly from parents / carers, or through school. Funding may be available for families on low income or being referred by their school. Sessions can be online or face-to-face for those aged 11+.

Email office@raft.org.uk or call 01202 311 231 for further information.



raft.org.uk



01202 311 231

Wired

Therapeutic support with fees based on household income. A 'pay what you can afford' programme is available for 11-25 year olds with difficult financial circumstances and would otherwise be unable to access support.

Email hello@wiredtherapy.co.uk



wiredtherapy.co.uk



01202 149 011

Andy's Man Club

Free-to-attend peer-to-peer support groups for men across the UK and online through Google Meet. Find a group close to you through their website.



andysmanclub.co.uk

Dorset Recovery Education Centre (REC)

Free educational based courses and resources focusing on recovery, wellbeing and mental health. Enrol through their website.



[dorsethealthcare.nhs.uk/our-services-and-sites/
mental-health-and-learning-disabilities/recovery-education-centre](http://dorsethealthcare.nhs.uk/our-services-and-sites/mental-health-and-learning-disabilities/recovery-education-centre)

SUBSTANCE USE SUPPORT

With You

Free and confidential services, without judgement, for those struggling with alcohol and substance use and those that support them. In Bournemouth Christchurch and Poole.



wearewithyou.org.uk/local-hubs/bournemouth-christchurch-and-poole

Reach

Free and confidential support to achieve your goals, for those struggling with alcohol and substance use and those that support them. Multiple locations across Dorset Council areas. Use the 'find support near me' feature on Waythrough to find your nearest Reach service.



waythrough.org.uk/find-support-near-me

SEXUAL HEALTH & RELATIONSHIPS

Sexual Health Dorset

Advice and support with contraception and sexual health. Drop-ins at multiple locations across Dorset, including confidential drop-in sessions for under 19s. Find your nearest drop in or order postal STI kits on their website.



sexualhealthdorset.org

STARS Dorset

Professional, confidential support for anyone who has a Dorset postcode and has experienced any form of sexual violence.



starsdorset.org



01202 308 840

Paragon

Practical and emotional support to those impacted by domestic abuse across Dorset. Refer through their website.



paragonteam.org.uk/teams/dorset

Space Youth Project

Support for young people up to age 25 who are or may be LGBT+, empowering them to have positive self-esteem, to know they are supported, to have a sense of community and to overcome issues caused or intensified by prejudice in order to facilitate freedom of expression.



spaceyouthproject.co.uk

OTHER SUPPORT

Victim Support

An independent charity supporting victims of crime in England and Wales.

Call their 24/7 support line on 0808 1689 111.

Contact the Dorset team directly Monday-Friday, 9am-7pm on 0300 3030 163.



victimsupport.org.uk/dorset

Chitter Chatter Club

If you're feeling isolated, stuck at home, or unsure where you fit, you're not alone. The Chitter Chatter Club is a warm, friendly place in Dorset where people come to talk, laugh, make friends, play games and feel part of something again. Find your nearest club on their website.



thechitterchatterclub.co.uk

Nature Buddies Network

Providing one-to-one or small group support to help individuals gradually build confidence and enjoy engaging with nature.



dorset-nl.org.uk/project/nature-buddies-network

SELF-HELP APPS

Here are some of our top picks for self-help apps for your phone.

All apps are available on the Apple App Store and Google Play and also include the age rating and whether they are recommended by the NHS.



Calm Harm: Helping young people manage the urge to self-harm

13+



DistrACT: Trusted information for people who self-harm or feel suicidal.

16+



Stay Alive: Helping you to plan and stay safe during a mental health crisis.

4+



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

4+



Tellmi: Share your mental health concerns anonymously and get help and advice.

13+



MyPossibleSelf: Your companion for anxiety, sleep, stress, depression and wellbeing.

13+



Mindshift CBT: Manage your anxiety and stress using cognitive behavioural therapies.

13+



I Am: Daily affirmations to help build self-esteem and change negative thoughts.

9+



Calm: Helping you to sleep more, stress less and live mindfully.

4+



Headspace: Lifelong guide to mental health, mindfulness and meditation.

4+



Catch It: Better understand your moods using an ongoing mood diary.

13+



Finch Self Care: A self-care pet app helping you feel prepared and positive one day at a time.

4+



Kinder World: Wellbeing Plants: Find peace and relaxation in everyday life as you raise plants.

4+



Tiimo: Daily planning and learning app designed for neurodiverse individuals.

9+



Habitica: Habit-building and productivity app to gamify your tasks and goals.

4+



I Am Sober: Get motivated by tracking sober days and build new habits and connections.

18+



Everything AA: Helping you on your Alcoholics Anonymous Journey.

13+



Callie: Take control of your personal safety.

4+



Hollie Guard: Turn your phone into a personal safety device and help protect you from violence.

4+



WalkSafe+: Travel safely, create a safety circle and enjoy a safer experience when out with friends.

4+



Y-Stop: Record yourself and monitor how Police Stop & Search is conducted.

4+

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 good achievements.

Soothing things

If you are feeling low or need a bit of a recharge, having some activities or things to go to that you know will comfort you can help. Try writing a list or making a self-soothe box and think about what you could include, like listening to music, something that smells nice, a special teddy or blanket to hold.



Prioritise yourself

It's important to look after ourselves and sometimes that might mean making a decision for yourself instead of others. If you need time to yourself to relax and de-stress, you should give yourself that time. You don't have to say yes to everything and you won't be letting people down.

Look after your physical health

Eating a balanced diet gives our body the right nutrients to be able to function properly, which is important when trying to maintain positive mental health and have enough energy each day.



Getting your body moving can also help, even if it's just a little bit. Movement makes your body release endorphins, serotonin and dopamine, 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 taking time to focus on the present moment, giving our minds a bit of a break from the business and stresses of everyday life. It can reduce our anxiety and stress levels as well as improving our overall health.



Scan the QR code to find out more and try some techniques.
nolimitshelp.org.uk/resource/mindfulness-for-mental-health

If you don't feel ready to talk to someone, a good alternative that still helps you get your feelings out is journalling or keeping a mood diary. Lots of people find that they are more able to understand or let go of feelings once they've written them down.



It is also a good way to track your emotions over time and they can also help you to think of any good things that have happened that day.

TIPS FOR MANAGING ANXIETY AND LOW MOOD

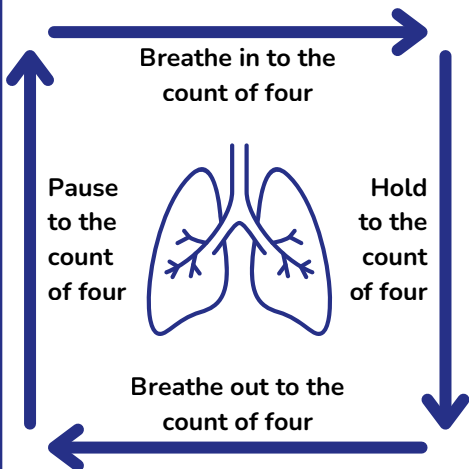
If you ever find yourself needing a way to cope with the immediate future, try some of these:



Breathing techniques

Square breathing

Start by breathing in and follow round until you start to feel relaxed.



Five finger breathing

Slowly trace round each of the fingers on one hand with a finger from the other. Breathe in on the way up the finger and breathe out on the way down.



Grounding technique

5

Name five things you can see



4

Name four things you can feel



3

Name three things you can hear



2

Name two things you can smell



1

Name one thing you can taste



MENTAL HEALTH PAIN SCALE

This scale can help you to 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.

