



Access Wellbeing

Supporting You Towards a Balanced Life

Access Wellbeing offers earlier access to different types of support depending on your need, whether that is your mental health, financial matters, work, or concerns about housing or benefits.

Early access to support can prevent concerns from escalating and empower you to support your future health and wellbeing.

We support online, and face-to-face at community hubs.

<https://dorsetaccesswellbeing.co.uk/>



The Recovery Education Centre (REC) is delivered in partnership between Dorset HealthCare and the Dorset

Mental Health Forum, a local peer led charity. We offer a wide range of educational courses across Dorset which focus on recovery and wellbeing.

<https://www.dorsethealthcare.nhs.uk/patients-and-visitors/our-services-hospitals/REC>



Dorset Mental Health Forum

We are a values-based charity influencing social change and advocating for social justice in Dorset and beyond. We aim to increase understanding of mental health, wellbeing and recovery, challenging prejudice around people's experiences of mental distress and trauma, through our own lived experience expertise, education and co-production.

<https://www.dorsetmentalhealthforum.org.uk/>



*Always remember to give yourself the kindness you
give others as you are **IMPORTANT** to"*

Pat Wilkins Carers Development Lead for Dorset HealthCare

Mental Health Awareness Week 2025

12th to 18th of May

The theme for this year is **"Community"**



Embrace your mind, be kind

The "5 C's of mental health" are a framework to promote well-being, encompassing Connection, Compassion, Coping, Community, and Care. These five elements help individuals build resilience, reduce stress, and improve their overall quality of life.



Local support for carers

Do you support a friend, family member or neighbour?

Access Online Carers Self-Help

Information & Advice
Local Services & Events
NHS Health Advice
Financial Support & Discounts

Scan the QR code or visit <https://bridgit.care/support/BCP?i=BCPC> to create your own self-help plan

BCP Carer Support

Do you support a friend, family member or neighbour?

Access Online Carers Self-Help

Local Services & Events
NHS Health Advice
Financial Support & Discounts

Scan QR code or visit <https://bridgit.care/support/dorset?i=dhy> to create your own self-help plan

<https://www.dorsetcouncil.gov.uk/w/bridgit-online-self-help-for-carers>

<https://www.bcpcarersupport.org/support-for-you/bridgit-online-self-help-for-carers>

Carers Support Dorset

You might not think of yourself as a carer and think what you do is just part of being a parent, spouse, friend, or sibling. As a result, you might be missing out on the support that is available.

<https://www.carersupportdorset.co.uk/>



Community SWITCH

We offer a programme of self-help and signposting services identified and reviewed by our Social Prescribers and member of our network's PPGs.

<https://communityswitch.org/>



Supporting
Wellbeing
Improving
The
Community's
Health



National guidance and support



Mental health is everything, everywhere, everyone. This Mental Health Awareness Week (12–18 May), we're asking you to join us to make sure no mind is left behind.

<https://www.mind.org.uk/get-involved/mental-health-awareness-week/>



Our articles talk about body image, loneliness, sleep issues, male mental health, and many more topics around supporting good mental health and preventing mental health problems. These articles aim to give you tips and advice on how to look after your mental health or how to help others with theirs.

<https://www.mentalhealth.org.uk/explore-mental-health/articles>



Access a variety of helpful information, support and advice to help you manage your mental health and wellbeing or support someone you know.

<https://mentalhealth-uk.org/information-and-support/>



If you experience mental illness or care for someone who does, it's vital to know your rights. Read our advice on mental health laws, social care, welfare, and more.

<https://www.rethink.org/>

To support mental health awareness, individuals can engage in open and honest conversations about mental health, share personal experiences if comfortable, and educate themselves and others about mental health conditions.



Conversation Guide:

Talking to young people about mental health



Conversation Guide:

Talking to your friend about mental health



Conversation Guide:

Talking to someone about mental health

