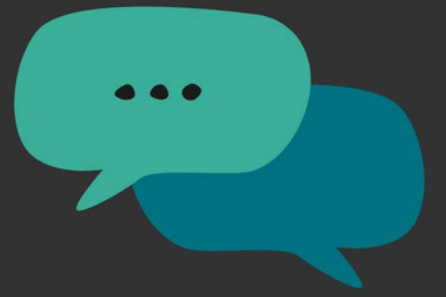


Need to talk?



Call

Connection – 24/7 mental health helpline **0800 652 0190**

Samaritans – Always on-hand to listen **116 123**



Text

24/7 mental health support **Text 'SHOUT' to 85258**



Chat

Wellbeing community with live chat (11–18 years) **kooth.com**



Search

Find more local support **dorsetyouth.com/mental-health**



Mental health support for young people in Dorset