



Gillett Road, Talbot Village
Poole, Dorset, BH12 5BF

Looking after your Mental Health

The following selected resources may be useful for those with concerns about their mental health

If you need to speak to someone at any time 24/7 you can call the [Samaritans](#) on 116 123, the out-of-hours NHS helpline on [111](#), or Connection (Dorset Crisis Response Service) on 0300 1235440.

COVID-19

The global pandemic is worrying for everyone, and it can be difficult to know how to reduce your anxiety. The following online resources can help you with this:

[Mind](#) has a good page with links to Gov advice but also lots on routine, coping at home amongst other things.

[Every Mind Matters](#) has some really useful advice specifically aimed at helping people at this time, particularly their [top ten tips](#).

[Headspace](#) are offering some free services currently specifically to help with Covid-19 related concerns.

[SAM](#) is a friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety.

[Anxiety UK](#), [OCD UK](#) and [BEAT Eating Disorders](#) all have specific pages which can help.

[Young minds](#) have lots of useful pages as well as having their normal crisis messenger service, as well as a [useful page for parents about talking about coronavirus to their kids](#)

[Covibook](#) is a short online book/pdf to support and reassure children under 7yrs.

[Age UK](#) have a page with info about Covid 19, how to stay safe & also a page on coping with anxiety



Gillett Road, Talbot Village
Poole, Dorset, BH12 5BF

[Silverline](#) (0800 470 8090) is a free confidential helpline providing information, friendship and advice to older people, open 24/7

NHS Talking Therapy/Support

[Steps2Wellbeing](#) (0800 7900 542) offers a range of treatments for people experiencing problems with low mood/depression, anxiety, stress or other common mental health problems.

[Recovery Education Centre](#) provides education and training for people with affected by mental health problems, focusing on self-management, self-determination, choice and responsibility.

Free online CBT and Support

[Headspace](#) offers "meditation made simple" and offers to teach you the life-changing skills of meditation and mindfulness in just a few minutes a day via an app. (see Apple/Android stores)

[Moodjuice](#) is designed to help you think about emotional problems and work towards solving them.

[Big white wall](#) is an online support community which has supported over 100,000 people living with anxiety and depression

Support with Drug/Alcohol problems

[Addaction](#) (drop-in or call 01202 558855) provide support for users of substances and family members. They offer drop-in informal advice and information, educational workshop support, 1:1 educational support and signposting to other treatment and community related facilities.

On Wednesday in West Howe Library at Cunningham Crescent (BH11 8DU) there is a weekly drop-in service between 1:30pm to 4pm.

Domestic Abuse Support

[Domestic abuse support](#)



Gillett Road, Talbot Village
Poole, Dorset, BH12 5BF

Books

You can borrow books from the [library](#) or try out the free samples on an e-reader app on your phone.

Steve Peters: [The Chimp Paradox: The Mind Management Programme to Help You Achieve Success, Confidence and Happiness](#)

Prof Steve Peters explains the struggle that takes place within your mind and then shows how to apply this understanding to every area of your life

Michael Neill: [The Inside-Out Revolution](#)

Michael Neill shares an extraordinary new understanding of how life works that turns traditional psychology on its head. This revolutionary approach is built around three simple principles that explain where our feelings come from and how our experience of life can transform for the better in a matter of moments.

Mark Manson: [The subtle art of not giving a F*ck](#)

“Resilience, happiness and freedom come from knowing what to care about--and most importantly, what not to care about. This is a masterful, philosophical and practical book that will give readers the wisdom to be able to do just that.”