

Contact details for support agencies

SHOUT

Shout is the UK's first and only free, confidential, 24/7 text messaging service for anyone who is struggling to cope. Text 'SHOUT' to 85258

YOUNG MINDS

The UK's leading charity fighting for a world where no young person feels alone with their mental health [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

CONNECTION 24/7

24/7 helpline open to all ages. If you require urgent mental health support call 0800 652 0190 or NHS 111 and you will be signposted to the right service for the support you need.

The Bournemouth Retreat is open from 4.30-11.30pm every day and Dorchester's Retreat is open from 4.30-11.30pm Saturday-Wednesday for face-to-face drop-ins.

Community Front Rooms in Bridport, Wareham, Shaftesbury and Weymouth are open Thursday-Sunday from 2.15-9.45pm. All offer face-to-face and virtual drop-ins.

CHILDLINE

Call 0800 1111 [Childline | Childline](#) Childline is open 24 hours a day and 7 days a week.

Counsellors will listen and support you with anything you'd like to talk about. You can call for free on 0800 1111 or speak online using [the 1-2-1 chats](#). If you're deaf, you can also use BSL via an interpreter. You can also [send a message](#) after signing up for a private Childline account. They will answer your message within a day.

PARENTALK (ACTION for CHILDREN)

Down-to-earth parenting advice you can trust. Find answers to parenting questions in our advice articles.

Or talk to a parenting coach about anything that's worrying you. It's all free, and no topic is too big, small, or embarrassing. [Parent Talk - Support for Parents from Action For Children](#)