

## SVPMP finishing resources

**Dorset Pain Management Service Website** – [www.dorsetpain.org.uk](http://www.dorsetpain.org.uk) – lots of helpful resources plus information about coffee mornings. E.g. relaxation audios, tai chi videos, E.g flare up management worksheets

**Facebook page** – search for: Dorset Healthcare Pain Management Service

**Relaxation apps:** Insight Timer, Headspace, Calm

**Livewell Dorset** - Support for getting active, losing weight, stopping smoking and reducing drinking- [www.livewelldorset.co.uk](http://www.livewelldorset.co.uk)

**Pain education:**

- [www.retrainpain.org](http://www.retrainpain.org)
- [www.flippinpain.co.uk](http://www.flippinpain.co.uk)
- [Resources for people with pain - Live Well with Pain](#)

## Emotional support/ crisis resources

**Access Mental Health:** People of any age and their families can access services in Dorset. [www.dorsethealthcare.nhs.uk/access-mental-health](http://www.dorsethealthcare.nhs.uk/access-mental-health)

**Connection** – a 24/7 helpline open to all ages. Dorset residents or people visiting Dorset can call direct on 0300 123 5440 or access via NHS 111.

[www.dorsethealthcare.nhs.uk/patients-and-visitors/our-services-hospitals/mental-health/connection](http://www.dorsethealthcare.nhs.uk/patients-and-visitors/our-services-hospitals/mental-health/connection)

**The Retreat** – open to anyone aged 18 or above, providing a safe space to seek face-to-face help and support. It is open every day from 4.30pm-midnight at locations in Bournemouth and Dorchester.

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

**Samaritans:** If you feel you need to talk to someone in confidence, the Samaritans are available 24 hours a day, 7 days a week on:

Tel: 116 123

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Web: [www.samaritans.org](http://www.samaritans.org)

TEXT MESSAGE ONLY number available on 07725 909090)

**GP** – urgent appointment with GP or duty doctor

**A&E / 999** in an emergency



**The Recovery Education Centre:** In person or online educational sessions/courses, topics include Depression, anxiety, self-compassion, boundaries, amongst many more. Also lots of online resources on their website.

[Dorset HealthCare :: Dorset Recovery Education Centre](#)

**Steps 2 Wellbeing:**

NHS talking therapies service for anxiety and depression, self referral via website or phone

[www.steps2wellbeing.co.uk](http://www.steps2wellbeing.co.uk)

0800 484 0500