

Dorset Mind's 1-2-1 Support for Children & Young People

Wellbeing Check-in for 11-25yr olds

Soon to be launching as 'Mentoring Minds'

Emotional and wellbeing support from the comfort of your own home.

Weekly 'check-ins' over zoom or over the phone with a trained volunteer.

60-minute sessions once a week for up to 3 months.

Counselling Service for 11-17yr olds

A safe space for you to talk about your thoughts and feelings with a trusted counsellor.

50-minute sessions for up-to 6 weeks.

 mind Dorset



How to access:

Fill out a self-referral form online: dorsetmind.uk
Children and Young People Services



#LiveLifeMentallyHealthy