

Please call us for  
advice and  
information about  
your caring role  
and how we can  
support you

**WE CARE  
BECAUSE YOU DO**



**0800 368 8349**



[admin@carersupportdorset.co.uk](mailto:admin@carersupportdorset.co.uk)



[carersupportdorset.co.uk](http://carersupportdorset.co.uk)



**Carer Support  
Dorset**

# Useful contacts

## Out of hours support

### Samaritans

Phone 116 123  
24 hours a day, 365 days a year

### Shout

Text 85258  
24 hours a day, 365 days a year

### Dorset Council's Adult Social Care

For out of hours call  
01305 858250

### NHS Connection

Phone 111 and select mental health or phone  
0800 652 0190

## Mental health support

### Dorset Mind

[dorsetmind.uk](http://dorsetmind.uk)

### Dorset Mental Health Forum

[dorsetmentalhealthforum.org.uk](http://dorsetmentalhealthforum.org.uk)  
Phone 01305 257172

### Rethink Mental Illness

[rethink.org](http://rethink.org)  
Phone 0808 801 0525  
For Dorset Carer support-  
[dorsetcarers@rethink.org](mailto:dorsetcarers@rethink.org)

## Carer specific support

### Carers UK

[www.carersuk.org](http://www.carersuk.org)  
Phone 0808 808 7777

### MY TIME

[mytimeyoungcarers.org](http://mytimeyoungcarers.org)  
Phone 01202 710701

### CRISP

Phone 01202 128787  
For Carers in the BCP area

## Financial support

### Dorset Citizens Advice

[citizensadvisedorset.org.uk](http://citizensadvisedorset.org.uk)  
Phone 0800 144 8848

### The Leonardo Trust

[leonardotrust.org](http://leonardotrust.org)  
Phone 01202 698325

### The YOU Trust - First Point Dorset

Phone 0330 123 2550

### Department for Work & Pensions

[www.gov.uk/browse/benefits](http://www.gov.uk/browse/benefits)

**Don't forget we are here for you, call us or visit our website:**

**Carer Support Dorset  
0800 368 8349  
[carersupportdorset.co.uk](http://carersupportdorset.co.uk)**