

steps2wellbeing
Southampton & Dorset

NHS

Dorset HealthCare
University
NHS Foundation Trust

**Feeling down,
stressed or
worried?**

We can help.







Steps2Wellbeing is a free NHS mental health service for people in Dorset and Southampton City.

You can sign yourself up quickly and privately using our online form at

www.steps2wellbeing.co.uk

Sign up now, it's never too early to get help.

-  Bournemouth and Christchurch
0300 790 0542
-  Poole Purbeck and East Dorset
0300 123 1120
-  West Dorset
0300 790 6828
-  Southampton
0800 612 7000

Scan the QR code to complete a quick referral form.



Body and Mind

Our Body and Mind service can help you to feel better emotionally if you are living with a long-term health condition like:

- diabetes
- IBS (irritable bowel syndrome)
- chronic pain
- lung conditions
- heart and stroke.

Employment Advice

Our specialist employment advisers can help you with:

- stress at work
- going back after a break
- looking for a new job.

“

Steps2Wellbeing helped me to feel a lot happier in myself.”