



Access Wellbeing

Supporting your mental health

**Access Wellbeing hubs and drop-in spaces
are opening across Dorset.**

**They are staffed by friendly teams who can
take the time to listen, then help people to
access the right support and advice.**

**Open to anyone 18 or over – no
appointment needed.**

Access Wellbeing is a partnership between the voluntary sector and NHS,
working alongside other local organisations in the community.

Access Wellbeing teams can help people to find support on a range of topics including:

**Mental health
and wellbeing**

Housing

**Education, training
and employment**

Support for carers

Social connections

**Benefits and
financial support**

**Bereavement
and grief**

How to find us

Your nearest hub or drop-in space is:

The Centre Ferndown

Barns Rd, Ferndown BH22 8XH

Monday 09:00 - 13:00

Visit our website for more locations and opening times:



dorsetaccesswellbeing.co.uk

