

Mental Health North ♥ Dorset Help & Peer Support

AND OVER THE BORDER IN WILTSHIRE AND SOMERSET

**Regular Peer Support Groups in Shaftesbury,
Gillingham & Sturminster Newton**

All (over 16s) welcome.

Any diagnosis (or none).

**Visit our website for details of the Groups,
news & signposting to local &
national services & resources**

mentalhealthnd.org

Or contact

mentalhealthshaft2520@gmail.com

or

07749 062 327 for more details.

