

Mental Health Support		
Service	What they do	Contact details
Child and Adolescent Mental Health Service (CAMHS)	<p>CAMHS is a specialist service that provides support to children and young people who are coping with significant mental health difficulties. A separate referral is needed to access the service.</p> <p>The CAMHS website contains lots of information and resources around mental health as well as information on the referral process.</p>	<p>www.camhsdorset.org</p>
Dorset Family Counselling Trust (DFCT)	<p>DFCT delivers low-cost counselling services for children & young people aged 4-18 and their families in Bournemouth, Poole, Wimborne, Weymouth, Blandford, Dorchester and all other areas of the county.</p> <p>We currently accept referrals from GPs, schools & other professionals working with children, as well as from parents, carers and families.</p>	<p>www.familycounsellingtrust.org/dorset</p> <p>Dorset Family Liaison Officer: Kay Parkinson Email: flo-dorset@familycounsellingtrust.org Phone: 07772 101649</p>
Dorset Mind Your Head	<p>Dorset Mind Your Head is a Dorset-wide programme aimed to help young people of Dorset to be as mentally healthy as possible. Young people cope with the stresses and strains of life in different ways. Growing up in the 21st century is not always easy. We aim to equip young people to have the resources, tools, support and information they need to build resilience, learn how to deal with difficult emotions and live a mentally healthy life.</p>	<p>www.dorsetmindyourhead.co.uk/</p> <p>Email: dmyh@dorsetmind.uk</p> <p>Phone: 01202 315329 ext. 2. (For information about Dorset Mind Your Head Groups and Support ONLY)</p>