

# Active Monitoring:

Mental health support for young people aged 11-18yrs, to help you manage your mental health and wellbeing

## What is Active Monitoring?

6 weeks of 1-2-1 sessions with one of our friendly trained practitioners

## Where/when do sessions take place?

- Schools/college
- GP Surgery
- Online
- Monday to Friday
- 9am - 6.30pm

## What can it help you with?

- Anger
- Anxiety & stress
- Grief & loss
- Low mood
- Low self esteem

## Need help now?

FREE numbers you can call 24/7:

**Samaritans:** 116 123

**Connection:** 0800 652 0190 or NHS 111

**Shout:** Text SHOUT to 85258

If you need urgent medical attention, phone 999, or get to A&E if you can safely



**Book an appointment through your GP to access Active Monitoring for FREE!**

“Active Monitoring provided a space for me to talk about and find solutions to difficult feelings I've been experiencing.”

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

 **mind Dorset**

Dorset Mind is a registered charity no. 1108168 DM359