



help&care working in partnership with

NHS
Dorset HealthCare University
NHS Foundation Trust

**DORSET
MENTAL HEALTH
FORUM**
Promoting wellbeing & recovery

The **Dorset Self-Management Service**

Feel **confident** about
managing your health and its impact
on your day to day life with our
coaches & link workers

Our service aims to support people with
long-term health conditions and carers

Our commitment is to work with you as an equal partner to help you
look forward, starting the conversation with what matters to you.

**Wherever you are on your journey
we have tailored support to suit you.**

This could be through face to face sessions,
group workshops or telephone.

Our **self management coaches** work with you to help you feel
confident about managing your health and
its impact on your day-to-day life.

Our **link workers** can help you connect to your local community;
whether its signposting or supporting you to access services.

0303 303 0153

Alternatively, please request a call back
or complete a referral form (see over for further details)

To get support

Available Dorset wide for carers and anyone with a
long-term health condition who:

- is over the age of 18
- is registered with a GP in Dorset
- needs support to help them feel more confident
about managing their health



Please contact us on

0303 303 0153

Alternatively, to request a call back or
complete an online referral form, please visit
www.helpandcare.org.uk/services/self-management

help&care

This service is provided in partnership with

NHS
Dorset HealthCare University
NHS Foundation Trust

**DORSET
MENTAL HEALTH
FORUM**
Promoting wellbeing & recovery

Help & Care is a Company limited by Guarantee • Registered in England and Wales
Registered Company No. 3187574 • Registered Charity Number 1055056