

How Underdogs Wellbeing can support individuals:

Underdogs wellbeing can support people in various ways, depending on your skills and interests. Our mental health peer support workers have the skills to support with:

Active Listening: Sometimes, people just need someone to listen without judgment. Being fully present and engaged in the conversation can make a significant impact.

Empathy: Show understanding and compassion for what others are going through. Sharing personal experiences, if appropriate, can help them feel less alone.

Resource Sharing: Provide information about mental health resources, coping strategies, or self-help tools. Sharing reliable sources can empower individuals to take charge of their well-being.

Encouragement: Offer words of encouragement and positivity. Celebrate small victories and remind you of your strengths.

Peer Connections: Facilitate connections between individuals with similar experiences.

Building a supportive community can enhance the sense of belonging and understanding.

Problem-Solving: Help brainstorm practical solutions to challenges you may be facing.

Sometimes, a fresh perspective can make a big difference.

We aim to achieve these skills by providing a wide range of services. Including, but not limited to:

Creative Outlets: Supporting people in exploring creative activities like art, writing, or music can serve as a therapeutic outlet for emotions.

Exercise and Fitness: Encouraging physical activity and creating fitness plans can have positive effects on mental health. It could be as simple as taking a walk, trying out home workouts or being a 'Gym Buddy' and getting you into the gym environment with support.

Goal Setting: Assisting in setting realistic and achievable goals, whether personal or professional, can provide a sense of purpose and accomplishment.

Learning and Skill Development: Encouraging the pursuit of new hobbies or skills can be both rewarding and distracting, providing a positive focus.

Mindfulness and Meditation: Guiding individuals through mindfulness exercises or meditation can help manage stress and improve overall mental well-being.

Self-Care Practices: Helping individuals develop and maintain self-care routines, including skincare, relaxation techniques, or pampering activities, can contribute to better mental health.

Social Connection: Facilitating connections with others, either through virtual meetups or local events, or even having a coffee and a chat can combat feelings of isolation and loneliness.

All our support will be tailored to your individual preferences and needs. We know everyone is different, so here at Underdogs Wellbeing, we will remain flexible and open-minded. All spaces will be safe and provide an understanding for individuals to express themselves.

At Underdogs Wellbeing we know how mental health affects family too so by using an holistic approach of supporting both the individual and their families we can create a more comprehensive and compassionate community.

We will aim to do this by offering:

Family Support Groups: Create a space or support group specifically for family members. This allows them to share their experiences, learn from one another, and receive guidance on how to support their loved ones.

Educational Resources: Provide educational materials and resources about mental health for families. This could include articles, videos, or webinars that help them understand the challenges their loved ones are facing.

Communication Workshops: Offer workshops on effective communication within families. Teaching healthy communication skills can improve understanding and reduce stigma surrounding mental health.

Counselling Services: Arrange for counselling or therapy services tailored for families. This can help them navigate the emotional challenges and develop coping strategies together.

Family Activities: Organise activities that involve both individuals with mental health challenges and their families. This can help strengthen bonds and create a supportive, inclusive environment.

Respite Support: Acknowledge that caregiving for someone with mental health challenges can be demanding. Providing respite support or connecting families with local respite services can be immensely helpful.

Community Events: Host events that encourage family participation, such as picnics, virtual game nights, or workshops focused on family well-being. Building a sense of community among families can be uplifting.

Empowerment Workshops: Conduct workshops that empower families to advocate for mental health awareness and support within their broader communities. This can reduce stigma and promote understanding.

Underdogs Wellbeing is not a crisis service.

Here at Underdogs Wellbeing, we are a community-based project dedicated to providing support to those who need it. But it is crucial to note that we are not a crisis intervention service. If you or someone you know is in immediate crisis and required urgent assistance, please reach out to:

Your GP

The Samaritans: 116 123

The Retreat, Dorchester (a walk-in clinic): 30 Maiden Castle Road, DT1 2ER - 1630 – 2330
Mon, Tue, Wed, Sat, and Sun

Connections: 0800 652 0190 or 111, option 2

NHS: 111, option 2

Emergency Services: 999

Shout (a 24/7 text service): Text SHOUT to 85258

These are trained professionals, equipped to provide the immediate support needed during challenging times. Your wellbeing is our top priority, and we encourage you to connect with the right resources to stay safe.