

Discovery Project

What does Mental Health mean to you?



@dorsetdiscovery



@dorsetdiscovery



@dorset_young_peers

The Discovery Project is a partnership project from Dorset HealthCare and Dorset Mental Health Forum. In The Discovery Project we combine the expertise of NHS Healthcare Professionals, the lived experience of Peer Specialists and the voice of Young People to create spaces to explore and share what mental health, recovery, and wellbeing means by looking at what matters to you.

We're not a clinical intervention. Our Project works across the whole of Dorset with schools, charities, and a wide variety of organisations to create an offer for Young People (13-25) and their parents/ carers.



What We Offer

Discovery Profiles

A chance to discuss what path your discovery journey might take.

A Large Programme of Topics

Learning, Exploring and Understanding Mental Health. From Worksheets to Workshops, and everything in between.

Discovery Podcasts

YP Community

Have your say, share your thoughts. This is where young people say what matters most to them and what would be useful for the project to do.

The Book Of Oofs

An advice booklet made by young people from the Quay School.

And Much More ...

As a Project we're always evolving. Doing that means we have Young People's voices right at the heart of our project. Want to get involved?

If you want to see what we have on currently, check it out

