Dorset Mental Health Forum
Promoting Wellbeing & Recovery



# Our Impact 2025-2026

## Education

We increased people's understanding of mental health and the impact of trauma through Recovery Education and Coproduction by:

- **3,813** Places on Recovery Education courses.
- **3,220** Staff trained across Health and Social Care.
- **11,584** People reached through digital mechanisms such as social media and our websites.
- **1,247** Interactions with people impacted by suicide or complex bereavement.

## Agency

We supported and enabled people to have agency to live the lives they wish to live, beyond services, within their communities by:

- **5,084** People supported in acute and community settings through 1-1 conversations.
- **1,160** Group sessions across Dorset.
- **216** People supported to tell their story.
- **510** VCSE and community organisations engaged in collaboration.

## Influence

Local services and communities have been influenced, shaped and transformed with the collective voice of Lived Experience by:

- **57,513** Hours of Lived Experience expertise.
- **1,736** Meetings attended to represent Lived Experience perspectives.
- **330** Teams and services engaged across Dorset.
- **963** Interactions with children, young people and families.

www.dorsetmentalhealthforum.org.uk

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