

## West Dorset Pandas

We are a support group dedicated to offering support to women who are depressed or anxious at any point from pregnancy to a year after baby is born. We are a group of women who have suffered from various forms and degrees of anxiety and depression when pregnant or after our children were born. We meet at the Children's Centre next to Dorchester hospital once a week. We meet at different times to ensure that everyone has a chance to come. You will not be judged or made to talk about anything, just come and say hi and have a cup of tea. Bring a friend or partner if it helps but just come so you don't feel alone. Visit website for dates and times of meetings.

### Contact

**Email** [westdorsetpandas@gmail.com](mailto:westdorsetpandas@gmail.com)  
**Website** <http://www.westdorsetpandas.co.uk/>

### Venue

**Venue address** Children's Centre Dorset County Hospital  
Damers Road  
Dorchester  
Dorset  
**Postcode** DT1 2JY  
**Locality** West Dorset

### Service Details

**Additional Information** Specialist perinatal mental health service in West Dorset. Perinatal mental health refers to a woman's mental health during pregnancy and the first year after birth.  
**Related Links** • [West Dorset PANDAS facebook page](#)

Some activities and family support services listed in our directory may be cancelled, postponed, or running in a different way due to coronavirus restrictions. Please contact providers to check for information about any changes.