

Feeling stressed, anxious, low in mood or worried?



Online, in person or by phone, Wellbeing for Warwickshire is here.

One-to-one and group support, workshops,
digital wellbeing care, live assistance and a
dedicated phone line for adults aged 16+.



Wellbeing for Warwickshire

An open door to supporting your mental health



Wellbeing for Warwickshire offers a range of services to support your mental health and wellbeing 24/7, 365 days a year.

- Anonymous and confidential support from your smartphone or PC – includes one-to-one mental health counselling, messaging, forums, drop-in chats and helpful tools (16+)
- A safe space to drop-in and talk to us about your mental wellbeing – Wellbeing Hubs across Warwickshire (aged 18+)
- Learn about mental health and managing your wellbeing – free mental health courses, learning and workshops with the Recovery and Wellbeing Academy (18+)
- Coventry and Warwickshire Mental Wellbeing Line, 0800 616171 – friendly advisors provide connection, advice, information and signposting, 24/7/365. Call 0800 616171 (16+)
- Meeting face-to-face with a wellbeing practitioner – offering support, signposting and practical problem solving (16+)
- One-to-one support to help you engage in your local community and access those things that are important to you – support for if you're feeling lonely or isolated (18+)
- Live Assistance open 24/7/365 – our advisors can support you by providing advice and signposting to appropriate services (16+)

Start by calling 0800 616171
wellbeingforwarwickshire.org.uk
support@wellbeingforwarwickshire.org.uk



A partnership between

 **Mind** Coventry and Warwickshire

