

Studley... we're here to support your mental health.

Wellbeing for Warwickshire is here to support your mental health by offering:

- Anonymous online counselling, forums and wellbeing tools
- Drop-in hubs across Warwickshire, including Studley
- Mental health courses, learning and workshops
- Warwickshire Mental Wellbeing Line: Monday - Friday, 9am-5pm
- One-to-one support and problem-solving sessions
- Community engagement for those feeling lonely or isolated

For more information and times/locations of our hubs, call **0800 616171** or visit **wellbeingforwarwickshire.org.uk**.

Wellbeing for Warwickshire

An open door to supporting your mental health