

Friendly support for your wellbeing

Feeling stressed, worried or anxious, call 0800 616171

Support available to you

- **Wellbeing Line** (16 years+)
  Mon–Fri, 9am–5pm for information, guidance, signposting and emotional support. Call 0800 616171

- **Qwell**
  Anonymous, 24/7 web-based support including counselling and self-guided support. Live chat with a practitioner is available Mon-Fri 12pm - 10pm, Sat-Sun 6pm - 10pm. Visit www.qwell.io

- **Coventry, Warwickshire and Worcestershire Mind**
  Open access drop-in support across Warwickshire. See the reverse for more details.

- **Wellbeing and Outreach Hubs**
  - Friendly peer support
  - One-to-one sessions
  - Wellbeing activities, workshops and courses: www.recoveryandwellbeing.co.uk
  - Connecting with local community activities and services.

- **KeyRing**
  A focus on those who experience isolation, with support up to 6 sessions, help to reintroduce into the local community. Visit www.keyring.org

Wellbeing for Warwickshire

An open door to supporting your mental health

Where can I find support?

Wellbeing Hubs (fixed venues)

Find weekly sessions throughout the year at the venues below:

Nuneaton Wellbeing Hub

The Retreat, Bond Street,
Nuneaton, CV11 4DA

Tuesdays 4pm-7pm
Fridays 9am-12pm

Atherstone Wellbeing Hub

OSCA Centre, 42 Owen Street,
Atherstone, CV9 1DG

Mondays 9am-12pm
Fridays 1pm-4pm

Rugby Wellbeing Hub

28 Cromwell Road,
Rugby, CV22 5LY

Tuesdays 1pm-4pm
Saturdays 10am-1pm

Leamington Spa Wellbeing Hub

Lillington Health Hub, Valley Road,
Lillington, CV32 7SJ

Tuesdays 3pm-6pm
Fridays 12pm-3pm

Outreach Hubs (rotating venues)

Bringing support closer to where you live (n.b. this is based on rotating venues every 12 weeks).

Please scan the QR code for more information.

0800 616171
wbw@cwmind.org.uk
wellbeingforwarwickshire.org.uk

mind Coventry, Warwickshire and Worcestershire
Qwell
KeyRing ... We're Life Changing
Recovery & Wellbeing ACADEMY
Warwickshire County Council