

Warwickshire Mental Health Directory

Warwickshire has a range of mental health services. Support is available to everyone to help improve wellbeing. The directory lists a mix of emergency and non-emergency contacts should you, or someone you are concerned about, need specific mental health assistance. Please know that you are not alone and please reach out for help.

[Wellbeing for Warwickshire](#) can support people with their mental health.

24/7 365 days a year Mental Wellbeing Line: A friendly and compassionate team is available every day of the year to help find the best Wellbeing for Warwickshire services or signpost to other services.

Call: 0800 616171

Services offered:

- [Dedicated website](#) with access to information to help with mental health, with Live Assistance, which is an alternative option to making a phone call.
- Community wellbeing hubs across Warwickshire for 1:1 support
- Online e-mental health platform
- Support service to access your local community.
- Range of online/in-person mental health courses.

[Wellbeing for Coventry](#) also provides a support service, which provides mental health and wellbeing support, useful apps, online resources, and signposts to services throughout Coventry.

Primary Care / GP

If you are experiencing emotions or behaviours that are difficult or hard to manage, speak to your GP. If you aren't registered with a GP, please click [here](#) to find your nearest GP surgery.

Coventry, Warwickshire, and Solihull services

[Coventry, Warwickshire, and Solihull Talking Therapies](#)

NHS Talking Therapies is for people with mild, moderate, and moderate to severe symptoms of anxiety and low mood in Coventry, Warwickshire, and Solihull.

[Please visit the website for details of ways to refer to the service.](#)

Talking Therapies are available if you live outside of Coventry, Warwickshire, and Solihull. Find out more [here](#)

AMPARO

For support following suicide. Amparo Support can be provided one-to-one, to family groups, groups of work colleagues – whatever you prefer and is most appropriate to your situation. Amparo is currently offered by telephone or video link, in person, ‘walk and talk’ or in community venues, wherever you are most comfortable. www.amparo.org.uk/

Urgent help for mental health issues

NHS 111

In a mental health crisis or emergency, get immediate expert advice and assessment, by going to [111 online](#) or calling 111 and selecting the **mental health option**. In an emergency call 999.

Dear Life

A suicide prevention website for anyone who is seeking support for themselves or for anyone who is worried about someone they know www.dearlife.org.uk/

Out of hours support

CALM: Call 0800 58 58 58

Open 5pm to midnight, 365 days a year.

[Find out more about CALM](#)

SANE: Call 0300 304 7000

Open 4pm to 10pm, 365 days a year.

[Find out more about SANE](#)

Coventry and Warwickshire Safe Haven

Face to face support available from 6pm–11pm. Find further information about opening days and details of drop-in venues [HERE](#)

Call: 024 7601 7200

Email: support@cwsafehaven.org.uk

Text: 07852 010146 (Warwickshire) or 07790 777039 (Coventry)

24/7 support, available 365 days a year

Text: SHOUT to 85258

Samaritans: Call 116 123

[Find out more about SHOUT](#)

[Find out more about Samaritans](#)

Further information about mental health and wellbeing support

[Warwickshire County Council Mental Health and Wellbeing webpages](#)

[Reading Well – Self -help books for Mental Health and wellbeing](#)