

Warwickshire Mental Health and Wellbeing Support Directory

Your mental health and wellbeing is really important and can be improved. If you are struggling to cope or feeling low, don't wait for things to get too much.

There are a range of mental health and wellbeing services and support available across Warwickshire that can help you to improve your wellbeing and support you during difficult times.

The directory also lists 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.

Support for mental health and wellbeing

Wellbeing for Warwickshire can support people with their mental health.

Mental Wellbeing Line (Call free: 0800 616171, Monday to Friday, 9am–5pm): A friendly and compassionate team will help you to find the best Wellbeing for Warwickshire service to support you and can also help you find additional support services in Warwickshire.

Wellbeing for Warwickshire offers:

- [Dedicated website](#) with access to information to help with mental health and wellbeing.
 - Community wellbeing hubs across Warwickshire.
 - 1:1 support available.
 - Online e-mental health platform.
 - Support service to access your local community.
 - Range of online/in-person mental health courses.
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Wellbeing for Coventry provides mental health and wellbeing support, useful apps, online resources and signposting to additional 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 in other areas. Find out more [here](#)



Urgent help for mental health issues/crisis/distress: 24/7, 365 days a year

NHS 111: In a mental health crisis or emergency, please seek immediate expert advice by going to [111 online](#) or calling 111 and selecting the mental health option. In an emergency call 999. **24/7**

Other options for 24/7 support include:

Text: CWHOPE to 85258

[Find out more about CWHOPE](#)

Samaritans: Call: 116 123

[Find out more about Samaritans](#)

Urgent help / out of hours support for mental health issues: Not 24/7

SANE: Call 0300 304 7000

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

[Find out more about SANE](#)

CALM: Call 0800 58 58 58

Open 5pm to midnight, 365 days a year.

[Find out more about CALM](#)

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)

AMPARO

Amparo offers support following suicide, across Coventry and Warwickshire. This can be provided one-to-one, to family groups, to groups of work colleagues – whatever is preferred and is the most appropriate to your situation. Amparo's local Liaison Workers aim to make initial contact within 24 hours of a referral being made. 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/

Further information about mental health and wellbeing support

Dear Life: Coventry and Warwickshire's suicide prevention website for anyone who is seeking information for themselves or for anyone who is worried about someone they know -

www.dearlife.org.uk/

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

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



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