

HOMES FOR UKRAINE

Accessing Support for Mental Health in Warwickshire

Warwickshire County Council works with many services that are here for residents to support the mental health needs of adults and children.

To see what these services are and how to access them please visit:
warwickshire.gov.uk/mentalhealth



or scan the QR code with the camera on your smartphone

While visiting the website you can click on the image to the right to allow you to translate the webpage into your chosen language



It is recommended that you register with a GP to help you access the right support. Warwickshire has a wide network of GPs which provide primary health care, details of local clinics can be found at:
<https://coventrywarwickshireccg.nhs.uk/health-services/your-local-services/find-your-local-services/>

WOMEntalk & MEntalk

WOMEntalk & MEntalk are free weekly group sessions designed to bring women and men together to provide support and improve their mental health and well-being. Delivered by SBitC's mental health team and professional sports coaches.

WOMEntalk:

Warwick

Tuesdays 10am till 12
St Nicholas' Park
Leisure Centre CV34
4QY

Nuneaton

Fridays 12 till 1.30pm
Jubilee Sports Centre
CV10 7EZ

MENTalk:

Warwick

Tuesdays 12 till 2pm
St Nicholas' Park Leisure
Centre CV34 4QY

Rugby

Wednesdays 10am till
12pm
Rugby School Sports
Centre
CV22 5DJ

Coventry

Thursdays 12 till
2pm
Moat House Leisure
Centre CV2 1EA

Nuneaton

Fridays 2 till 4pm
Jubilee Sports
Centre CV10 7EZ

If you need to talk to someone about your mental health or wellbeing, free support is available day and night:

Immediate risk to life: call **999** or go straight to A&E

Urgent advice: call **111**

Confidential emotional support for residents across Coventry and Warwickshire: call **0800 616171**

Calling this number will take you through to a friendly and compassionate member of the Wellbeing for Warwickshire team who are ready to help you. The team will help to direct you to parts of the Wellbeing for Warwickshire service that suits you best, or on to other support services. Access requirements including interpretation can be discussed with the providers of the service upon referral/self-referral.

For further information and advice about suicide prevention and support available, please visit www.dearlife.org.uk