

Wellbeing for Warwickshire: Service Update

From 17 May 2021 Wellbeing for Warwickshire will be resuming face-to-face support

Wellbeing for Warwickshire provides low level/early intervention support services aiming to enhance the mental health and wellbeing of individuals aged 16 years and over, and for people with on-going mental health issues living in Warwickshire.

[\(024\) 7771 2288](tel:02477712288)

wbw@cwmind.org.uk

www.cwmind.org.uk/wbw

Wellbeing Hubs – face-to-face (from 17 May 2021)

Warwickshire Wellbeing Hubs provide group based listening ear sessions which support resilience, friendship, and learning. From 17 May Wellbeing hub groups will be running in Stratford, Rugby, Nuneaton, North Warwickshire Bedworth, Leamington and Warwick. Places must be booked and confirmed in advance to support COVID-19 secure environments. Contact us to find out more about the times and venues, and to book your place at one of the groups

Call 02477 712288 or email wbw@cwmind.org.uk

Wellbeing Hubs – on-line session

Warwickshire Wellbeing Hubs have provided on-line group based sessions which support resilience, friendship, and learning. Although locality based on-line groups have been offered whilst face-to-face groups were temporarily paused, from 17 May we aim to keep the offer of an on-line Warwickshire-wide group for those individuals who are unable to access a face-to-face group. Contact us to find out more about the times and to book your place

Call 02477 712288 or email wbw@cwmind.org.uk

One-to-one support – face-to-face, telephone, email, or video link

For anyone in Warwickshire wanting one-to-one support who is experiencing a time of emotional distress. A wellbeing practitioner will offer up to 6 sessions to help identify & address the causes of the distress. Support includes, practical problem solving, action planning, self-help strategies and information giving. Contact us 02477 712288 or email [www.wbw@cwmind.org.uk](mailto:wbw@cwmind.org.uk) to let us know if you require face to face, telephone, or video support.

NB: Please note that the above details may be subject to change

20.4.2021