

# Struggling to cope?

Don't wait for things to get too much.

VISIT  
WARWICKSHIRE  
LIBRARIES

for **Reading Well Books on Prescription** (BOP) recommended self-help books, audio CDs and e-books visit: [www.warwickshire.gov.uk/booksonprescription](http://www.warwickshire.gov.uk/booksonprescription)



GO ONLINE

**bigwhitewall.com** completely anonymous online community, free to people living in Warwickshire, available 24/7



TELEPHONE

a team of trained and experienced support workers - 24/7 via the **Mental Health Matters Helpline** on **0800 61 61 71** and **0300 330 5487** for mobiles or try **Time Online**, the online chat service



SPEAK TO  
SOMEONE

in person at **Warwickshire Wellbeing Hubs** - free one to one support, walk-in sessions and drop-in sessions visit: [www.cwmind.org.uk/wbw](http://www.cwmind.org.uk/wbw) or call: **02477 712288**



ACCESS THERAPIES  
(IAPT)

a service for people who are feeling stressed, anxious, low in mood or depressed, providing advice, information and therapy - call **02476 671090** to self-refer



FOR CHILDREN AND  
YOUNG PEOPLE

**Rise** - Warwickshire's emotional wellbeing and mental health services for children and young people. Call **0300 200 2021** or visit [www.cwrise.com/home](http://www.cwrise.com/home)



Find out more at [warwickshire.gov.uk/mentalhealth](http://warwickshire.gov.uk/mentalhealth)

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[facebook.com/PublicHealthWarwickshire](https://facebook.com/PublicHealthWarwickshire)



*Working for  
Warwickshire*