

# Health and Wellbeing

## In Warwickshire

General Information Resource



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# Mental Health & Wellbeing

## Big White Wall

The Big White Wall is a safe online community of people who are anxious, down or not coping. Community members can: post discussions and gain advice and support from others; take tests to find out more about how they are feeling; set goals and find ways to cope better; read effective self-help information and join groups for common mental health issues.

The service is free, accessible by smartphones and tablets and is available 24/7. Big White Wall is completely anonymous so individuals can express themselves freely and openly. Professionally trained 'Wall Guides' ensure the safety and anonymity of all members, led by a senior clinical team involving Consultant Psychiatrists.:

### Contact Information

Website: [www.bigwhitewall.com](http://www.bigwhitewall.com)  
Contact email address: [theteam@bigwhitewall.com](mailto:theteam@bigwhitewall.com)

## Improving Access to Psychological Therapies Service

The IAPT service is delivered through a range of psychological interventions providing free assessment and treatment of common mental health conditions including; anxiety, stress, depression and phobias. Evidence based CBT treatment for a range of common mental health conditions.

### Contact Information

Contact Telephone Number: 024 7667 1090  
Website: [www.covwarkpt.nhs.uk/iapt](http://www.covwarkpt.nhs.uk/iapt)  
Contact email address: [cwp-tr.iapt@nhs.net](mailto:cwp-tr.iapt@nhs.net)



# Mental Health & Wellbeing

## Fit for Work

All GPs in England can refer their working patients to this service 'Fit for Work' if they have been or are likely to be off work for four weeks or more. Fit for Work is free, confidential and voluntary, and includes in-depth assessment, managed support and a personalised return to work plan. Employers in England and Wales are able to refer their employees to the service for an occupational health assessment.

According to government statistics, around 815,000 working people in England each year have sickness absence of four weeks or more. Research indicates that, without support, a significant proportion will struggle to return to work. The service complements existing occupational health services. It is expected to be of particular value to small and medium sized firms where in-house support is limited or not available.

### Contact Information

**Contact Telephone Number:** 0800 032 6235

**Website:** [www.fitforwork.org](http://www.fitforwork.org)

## Mental Health Employment Support Service

Mental Health Employment Support Service provides employment related support to people with mental health problems. The service helps people to access paid employment, retain their jobs and regain their self-confidence and independence. One to one tailored support is offered on an ongoing basis in the community to help people achieve their goals and ambitions alongside an agreed support plan. Service provided by Rethink Mental Illness.

### Contact Information

**Contact Telephone Number:** 02476 673938

**Website:** <https://www.rethink.org/help-in-your-area/services/employment-and-training/warwickshire-employment-service/>

**Contact email address:** [MHES@rethink.org](mailto:MHES@rethink.org)

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## Sexual Health

### Sexual Health Warwickshire

A free and confidential service provided by the NHS that offers sexual health services, including access to contraception, family planning, pregnancy testing and full testing for sexually transmitted infections. Services cover the whole of Warwickshire including Nuneaton, Warwick, Rugby and Stratford-upon-Avon, as well as more rural areas. The service can be accessed by everyone.

#### Contact Information

**Contact Telephone Number:** 0300 123 6644

**Website:** [www.sexualhealthwarwickshire.nhs.uk/](http://www.sexualhealthwarwickshire.nhs.uk/)

### Sexual Assault Referral Centre - Blue Sky Centre

A Sexual Assault Referral Centre (SARC) is a single location where any victim of Rape or Serious Assault will receive medical care, intervention (if you choose to report the crime) and various other support services. A SARC is an independent service that can operate 24/7 to assist all victims of Rape and Sexual Assault. It is a local partnership that focuses on your immediate support needs.

#### Contact Information

**Contact Telephone Number:** 01926 507 805

**Website:** [www.blueskycentre.org.uk/](http://www.blueskycentre.org.uk/)

**Contact email address:** [geh-tr.theblueskycentre@nhs.net](mailto:geh-tr.theblueskycentre@nhs.net)

### Respect Yourself

A web based resource that is safe and reliable, where young people can explore issues that are important to them. The site is monitored and supported by professionals who provide answers to encourage young people to take control of their relationships and to move at a pace they are comfortable with. There is emphasis on the emotional side of relationships as well as covering the physical aspects.

#### Contact Information

**Website:** [www.respectyourself.info/](http://www.respectyourself.info/)

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# Physical Activity & Weight Management

## Fitter Futures

Physical Activity/Healthy Lifestyles on referral. To be eligible for the scheme you must have one of the following conditions and be referred by a Health Professional; mental health condition e.g. mild to moderate depression; anxiety; low mood; respiratory condition; musculo-skeletal condition; neurological condition; hypertension; risk of cardiovascular disease; prediabetes; cancer rehabilitation; prediabetes/higher risk of diabetes, diabetes type 1 and 2; obesity or overweight; osteo/rheumatoid arthritis/osteoporosis; dementia early-mid stages.

### Contact Information

**Contact Telephone Number:** 01926 351077

**Website:** [fitterfutureswarwickshire.co.uk](http://fitterfutureswarwickshire.co.uk)

**Contact email address:** [fitterfutures@warwickshire.gov.uk](mailto:fitterfutures@warwickshire.gov.uk)

## Country Parks

Warwickshire has five country parks and three greenways and a nature reserve across the county, owned and managed by Warwickshire County Council. A wide range of facilities exists within the parks including children's play area, picnic areas and refreshment facilities, bird hides, walks and cycling. Events and activities also regularly take place throughout the year.

### Contact Information

**Contact Telephone Number:** 01827 872660

**Website:** [countryparks.warwickshire.gov.uk/](http://countryparks.warwickshire.gov.uk/)

**Contact email address:** [parks@warwickshire.gov.uk](mailto:parks@warwickshire.gov.uk)

## Walking in Warwickshire

There are many led walks across Warwickshire. Please see the link below to find walks near you.

### Contact Information

**Website:** [www.walkinginwarwickshire.co.uk/groups.php](http://www.walkinginwarwickshire.co.uk/groups.php)

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## Housing & Benefits

### HEART Service

HEART is an advisory and support service to assist Warwickshire residents to improve, repair or adapt their homes and to protect and improve their health, safety and wellbeing through preventative services related to the home environment. (Criteria to be met such as vulnerability or low income.)

#### Contact Information

**Contact Telephone Number:** 024 7637 6294 for residents in the north  
024 7637 6299 for residents in the south

**Website:** <https://www.nuneatonandbedworth.gov.uk/info/21036/heart/>

**Contact email address:** [HEARTnorth@nuneatonandbedworth.gov.uk](mailto:HEARTnorth@nuneatonandbedworth.gov.uk)  
[HEARTsouth@nuneatonandbedworth.gov.uk](mailto:HEARTsouth@nuneatonandbedworth.gov.uk)

### Help with Money and Debt

WCC Family Information Service provide advice on the range of financial support you may be entitled to which could make a real difference to you and your family, as well as advice on money management and dealing with debt.

#### Contact Information

**Contact Telephone Number:** 0845 090 8044

**Website:** <http://www.warwickshire.gov.uk/moneyanddebt>

**Contact email address:** [fis@warwickshire.gov.uk](mailto:fis@warwickshire.gov.uk)

### Citizens Advice Bureau

The CAB Service is the largest provider of quality assured advice and information in the County and has helped many thousands of local people to resolve their problems.

#### Contact Information

**Contact Telephone Number:** 0344 855 2322 for residents in Stratford or Warwick District  
01827 712852 for residents in North Warwickshire  
0300 330 1163 for residents in Rugby and Nuneaton

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## Smoking

### Warwickshire Stop Smoking Service

We offer a Face-to-face stop smoking service with a Stop Smoking Advisor in a venue near you. This is a 12 week programme of regular appointments and stop smoking medication. Stop smoking medication is provided for the cost of a prescription (free if you don't pay prescriptions). You can find stop smoking advisors at your GP surgeries, selected pharmacies and other venues (see website).

#### Contact Information

Website: [www.quit4good.co.uk](http://www.quit4good.co.uk)

### Warwickshire Stop Smoking in Pregnancy Service

A free, confidential support & advice service for pregnant women & their families to stop smoking, delivered at home or in local community venue. Free nicotine replacement therapy for pregnant women or prescription charge only for other family members also looking to quit.

#### Contact Information

Contact Telephone Number: 07917 227004

Website: [www.quit4baby.co.uk](http://www.quit4baby.co.uk)



## Drugs & Alcohol

### Change Grow Live

CGL provide a free and confidential drug and alcohol service to adults and also provide the All Age Recovery and Wellbeing Network, for more information, use the contact details below:

#### Contact Information

**Contact Telephone Number:** 01926 353 513

**Website:** <https://www.changegrowlive.org/drug-alcohol-service-warwickshire>

**Contact email address:** [Warwickshire.Info@cgl.org.uk](mailto:Warwickshire.Info@cgl.org.uk)

### Compass

Compass provide the drug and alcohol service to children and young people in Warwickshire. This service provides a transitional service to users between 18 and 25 years of age who feel they may not be ready for adult services. To find out more, use the information below:

#### Contact Information

**Contact Telephone Number:** 0800 0887248 / 01788 578227

**Website:** <https://www.compass-uk.org/services/warwickshire-cypdas/>

### ESH Community

ESH Community provide a residential rehabilitation treatment centre with onsite 24/7 support for drug and alcohol users in Warwickshire. To find out more, use the information below:

#### Contact Information

**Contact Telephone Number:** 01926 811702

**Website:** <http://www.eshcommunity.org/>

**Contact email address:** [community@eshworks.org](mailto:community@eshworks.org)



# Useful Websites

## For Information and Services in Warwickshire

### **Thrive at Work**

[www.wmca.org.uk/what-we-do/thrive/thrive-at-work](http://www.wmca.org.uk/what-we-do/thrive/thrive-at-work)

Free toolkit, accreditation and awards for improving the health and wellbeing of your employees.

### **Warwickshire Public Health**

[warwickshire.gov.uk/health](http://warwickshire.gov.uk/health)

Information on a wide range of services including healthy eating, sexual health, dementia and flu.

### **#Onething**

[onething.warwickshire.gov.uk](http://onething.warwickshire.gov.uk)

Asking people to pledge just one thing they could change in their life to live healthier; such as eating more fruit and veg, quitting smoking or reducing alcohol consumption.

### **Smoking Cessation**

[www.quit4good.co.uk](http://www.quit4good.co.uk)

Information and advice to help smokers quit, with face to face support available to pregnant smokers and their families.

### **Drug and alcohol support**

[www.warwickshire.gov.uk/alcohol](http://www.warwickshire.gov.uk/alcohol)

Contact information of WCC commissioned services and other support groups to overcome substance misuse.

### **Mental Health Support and Services**

[www.warwickshire.gov.uk/mentalhealth](http://www.warwickshire.gov.uk/mentalhealth)

A range of services for anyone in Warwickshire who needs support and information on mental health.

### **5 Ways to Wellbeing**

[www.warwickshire.gov.uk/5ways](http://www.warwickshire.gov.uk/5ways)

Practical tips and advice on how to improve your wellbeing using the five ways; Be active, Connect, Give, Take notice and Keep learning.

### **Warwickshire Carers**

[www.warwickshire.gov.uk/carers](http://www.warwickshire.gov.uk/carers)

Support for Warwickshire carers, enabling them to have a life outside of caring, maintaining and protecting their own health and wellbeing.

### **Warwickshire Community and Voluntary Action (WCAVA)**

[www.wcava.org.uk](http://www.wcava.org.uk)

Provide a single point of access for everyone who wants to engage in community and voluntary action in Warwickshire.

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For the latest version of this document please visit:

<http://apps.warwickshire.gov.uk/api/documents/WCCC-630-1819>

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