

Boost your wellbeing

Free services in Warwickshire to support you

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



GO ONLINE

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



TELEPHONE 24/7 HELPLINE

Ring a team of trained and experienced support workers 24/7 via the **Mental Health Matters Helpline** on **0800 61 61 71 (0300 330 5487** for mobiles) or try Time Online, the online Chat Service via the website: www.mhm.org.uk/coventry-warwickshire-helpline



SPEAK TO SOMEONE

In person at **Warwickshire Wellbeing Hubs** - free one to one support, walk-in sessions and bookable sessions - visit: www.cwmind.org.uk/wbw call: **02477 712288** or email: wbw@cwmind.org



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** or visit: www.healthymindservice.com to self-refer



FOR CHILDREN AND YOUNG PEOPLE

Rise - Warwickshire's emotional wellbeing and mental health services and support for children, young people and their parents. Call **0300 200 2021** or visit www.cwrise.com



FREE LOCAL LEARNING

Visit the **Recovery and Wellbeing Academy** to do a course or workshop specifically designed to empower your mental health and wellbeing. <https://recoveryandwellbeing.covwarkpt.nhs.uk> or call **0300 303 2626**



LIFELONG WELLBEING

Build wellbeing into your daily life by adopting the **5 Ways to Wellbeing** to feel good and function well. www.warwickshire.gov.uk/5ways



Visit: www.wellbeing4life.co.uk



warwickshire.gov.uk/mentalhealth

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