



Boost your wellbeing

Free services in Coventry to support you

Coventry Libraries	For Reading Well Books on Prescription (BOP) recommended self-help books, audio CDs and e-books visit: www.coventry.gov.uk/readingforhealthandwellbeing
Go Online	Expert advice, practical tips and a personalised action plan at Every Mind Matters. Anonymous and free: www.nhs.uk/oneyou/every-mind-matters/
Telephone	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	Talk in person at Coventry Wellbeing Hubs - free one to one support, walk-in sessions and drop-in sessions between 1pm and 5pm, 7 days a week. Ring 024 7622 4417 or email drop-in@cwmind.org.uk
Access Therapies (IAPT)	A service for people who are feeling stressed, anxious, low in mood or depressed, providing advice, information and therapy – call 024 7667 1090 to self-refer
For Children and Young People	Contact the Primary Mental Health Service (PMHS) preventative support and early intervention service or Rise (CAMHS) emotional wellbeing and mental health services and support for children, young people and their parents. For both services 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. www.recoveryandwellbeing.covwarkpt.nhs.uk or call 0300 303 2626
Lifelong Wellbeing	Build wellbeing into your daily life by adopting the 5 Ways to Wellbeing www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/ For more support with goal setting, tips, information and advice for a healthier you visit www.hlscoventry.org/our-services/being-your-best/

Visit:
yearofwellbeing.org.uk
coventry.gov.uk/mentalhealth

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