

Are you feeling down or in mental health crisis?

Help is available to you.



If you are in a mental health crisis,
call 08081 966798



**Mental Health and Emotional
Wellbeing Helpline**
24/7 365 days/year
Call 0800 61617



Samaritans
24/7 365 days/year
Call 116 123



**Coventry, Warwickshire and Solihull
Talking Therapies**

NHS Talking Therapies
talking therapy for people with
anxiety and low mood.

To refer yourself: call 024 7667 1090 or visit:
www.talkingtherapies.covwarkpt.nhs.uk



Recovery & Wellbeing
ACADEMY

Recovery and Wellbeing Academy
free courses and workshops for to empower
your mental health and wellbeing.
Visit: www.recoveryandwellbeing.co.uk



**Coventry and
Warwickshire**

**Coventry and Warwickshire
Wellbeing Hubs.**

Visit: www.cwmind.org.uk/drop-in-hubs
to find your local hub.



Dear Life

Life is dear, keep hold of it, you are not alone

Dear Life

local and national resources for
people feeling suicidal, worried
about someone who may be, or
have lost someone to suicide.

Visit: www.dearlife.org.uk



Dimensions of Health and Wellbeing

self-care information to support adults,
children and young people. Visit:
www.dimensions.covwarkpt.nhs.uk



Kooth

online mental wellbeing community
for 11-25 year olds, offering free,
safe and anonymous support.

Visit: www.kooth.com



Qwell

free digital mental
wellbeing support for adults.

Visit: www.qwell.io