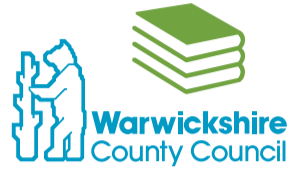


Struggling to cope?

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

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**

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 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



Find out more at warwickshire.gov.uk/mentalhealth

 @WCCPublicHealth

 facebook.com/PublicHealthWarwickshire



Working for Warwickshire