

# Main sources of information about mental health, wellbeing and dementia services and support in Warwickshire

There are a range of mental health and wellbeing services and support available across Warwickshire that can help to improve wellbeing and support individuals during difficult times. All are there to support individuals who are struggling to cope, feeling low, or overwhelmed.

The range of services can be accessed in different ways: face-to-face, books, e-books and audio CDs, an online community resource and a telephone helpline.

## Sources of information about mental health and wellbeing services and support:

**Warwickshire Direct – mental health and wellbeing website:** Information for the general public on early intervention/low level mental health services and specialist mental health services.

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

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**Five ways to wellbeing in Warwickshire:** Following the ways to wellbeing can help people to look after and improve their mental health and wellbeing, and are things that we can all build into our daily lives:

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

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### National mental health charities:

Rethink Mental Illness. [www.rethink.org](http://www.rethink.org)

MIND. [www.mind.org.uk](http://www.mind.org.uk)

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# **Services for people who are feeling stressed, worried, anxious, low or have concerns about their mental health and wellbeing (early intervention / low level support).**

## **Wellbeing for Warwickshire**

Wellbeing for Warwickshire offers face to face support, information and signposting for individuals 16years and over residing in Warwickshire who have an interest in improving their mental health and wellbeing. The programme of services is provided through a mixture of one to one confidential support, peer support drop-in networks, workshops, walk-ins and information outreaches at various locations across Warwickshire

Support is provided in North Warwickshire, Nuneaton, Bedworth, Rugby, Leamington Spa, Stratford upon Avon and Warwick, and outreach services throughout Warwickshire.

Telephone: **02477 712288** Web: **[www.cwmind.org.uk/wbw](http://www.cwmind.org.uk/wbw)**

Email: **[wbw@cwmind.org.uk](mailto:wbw@cwmind.org.uk)**

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## **Big White Wall**

Big White Wall is an innovative on-line mental health service, which aims to support people aged 16 plus who are feeling under stress and strain to feel better.

The Big White Wall is a safe online community of people who are anxious, down or not coping who support and help each other by sharing what's troubling them, guided by trained professionals.

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; join groups for common mental health issues such as low mood, anxiety and worry; and access the service from their smart phones and tablets.

Website: **[www.bigwhitewall.com](http://www.bigwhitewall.com)**

Contact email address: **[theteam@bigwhitewall.com](mailto:theteam@bigwhitewall.com)**

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## **Books on Prescription (BOP)**

Self-help library books and audio resources – on mental health and dementia. Available to borrow from local libraries, or view in Wellbeing Hubs.

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

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***Services for people who are feeling stressed, worried, anxious, low or have concerns about their mental health (early intervention / low level support). (Cont..)***

**Mental Health Matters**

For mental health emotional support. Services available: Telephone helpline **0800 61 61 71**  
Available 24 hours a day 7 days a week.

The Telephone Helpline consists of a team of highly trained and experienced support workers who use counselling skills to provide emotional guidance and information. At busy periods, a message may need to be left. An adviser will call back when available.

MHM 24hr Number for mobile phone users: **0300 330 5487** SMS Text: **07786 202 242**

For people who want to talk to someone quickly but find the idea of talking on the phone about problems difficult, email support can be accessed online via:

**[timeonline@mh.org.uk](mailto:timeonline@mh.org.uk)** or by going to the MHM website at:

**[www.mentalhealthmatters.com/our-services/helpline-services/time-online](http://www.mentalhealthmatters.com/our-services/helpline-services/time-online)**

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**Improving Access to Psychological Therapy (IAPT)**

IAPT services are for people with mild, moderate and moderate to severe symptoms of anxiety or depression, and other common mental health conditions, living in Warwickshire.

Telephone: **024 7667 1090**

IAPT, Stanley House, 1 Warwick Street, Earlsdon, Coventry, CV5 6ET

**[www.covwarkpt.nhs.uk/IAPT](http://www.covwarkpt.nhs.uk/IAPT)**

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# Dementia Services and sources of further information on services and support

**For all:**

## **Warwickshire's Living Well with Dementia Portal:**

Warwickshire's Living Well with Dementia Portal is a one stop information website for anyone wanting to know more about dementia and services and support available in Warwickshire. The portal provides information about dementia and its symptoms, seeking a diagnosis, how to access services and support, living well with dementia, Dementia Friendly Communities and reducing the risk of dementia. Visit the website at:

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

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## **Support for people living with dementia: Dementia Navigators Service**

This service is for people diagnosed with dementia, people seeking a diagnosis of dementia, and their families, living in Warwickshire. The service provides a single point of access to information and advice, practical and emotional support, and signposting to local support services.

Also training around dementia awareness and coping strategies for carers. People can self-refer to the service, or be referred from memory clinics, general practice, and health and social care staff.

The Dementia Navigator Service is provided by the Alzheimer's Society Warwickshire.  
Telephone: **01926 888899** Email: [southwarks@alzheimers.org.uk](mailto:southwarks@alzheimers.org.uk)  
10 Wise Street, Leamington Spa, CV31 3AP

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# Services for children and young people

## Child and Adolescent Mental Health (CAMHS) and Emotional Wellbeing Services in Warwickshire:

Single point of entry available Monday to Friday 9.00am to 5.00pm

Telephone: **0300 200 2021** Fax: **02476 961579**  
**[www.covwarkpt.nhs.uk/camhs](http://www.covwarkpt.nhs.uk/camhs)**

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### Sorted!

Sorted! is a self-help book collection aimed to help young people get through life, covering common problems and situations, such as parents separating, the loss of someone close, eating disorders, anger management and self-esteem. The service includes books, audio CDs and e-books.

Website: **[www.warwickshire.gov.uk/sorted](http://www.warwickshire.gov.uk/sorted)**  
Contact email address: **[deborahhateley@warwickshire.gov.uk](mailto:deborahhateley@warwickshire.gov.uk)** or  
Warwickshire Library enquiries: **[libraryenquiryteam@warwickshire.gov.uk](mailto:libraryenquiryteam@warwickshire.gov.uk)**

People who are feeling stressed, worried, anxious, low or have concerns about their mental health should also consider seeing their GP. The GP will undertake an assessment, and if necessary refer onto more specialist services, such as those provided by Coventry and Warwickshire Partnership NHS Trust: **[www.covwarkpt.nhs.uk](http://www.covwarkpt.nhs.uk)**

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### Mini Sorted!

Mini Sorted! collections are picture books for children, intended for parents, carers and anyone working with young children to share, to help with understanding an issue, and expressing and talking about worries.

Website: **[www.warwickshire.gov.uk/sorted](http://www.warwickshire.gov.uk/sorted)**  
Contact email address: **[deborahhateley@warwickshire.gov.uk](mailto:deborahhateley@warwickshire.gov.uk)** or  
Warwickshire Library enquiries: **[libraryenquiryteam@warwickshire.gov.uk](mailto:libraryenquiryteam@warwickshire.gov.uk)**

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**If you would like this information in a different format, please contact Marketing and Communications on 01926 413727.**

