

If worry and anxiety are affecting you, Wellbeing for Warwickshire is here to help.

Mental health affects each and every one of us – you, your friends, your family, your colleagues and your neighbours. The pandemic and the current cost of living crisis have made mental health more relevant than ever. More people are struggling, with many keeping it hidden. But there is support across Warwickshire that can really help people to reach out.

Working on behalf of Warwickshire County Council, Wellbeing for Warwickshire provides mental health support across the county, for adults aged 16+. Support with your wellbeing is available online, over the phone and in person. Our teams work with individuals to provide support in the way that suits them best, looking at the causes of mental ill-health and setting goals to improve wellbeing.

If you're feeling stressed, low in mood, worried or anxious, we can help you. Whether you want support online, over the phone or in person, you will receive friendly, compassionate and practical care. We can help with:

- Anonymous and confidential online counselling, forums and wellbeing tools
- Drop-in hubs across Warwickshire
- Mental health courses, training and workshops
- Coventry and Warwickshire Mental Wellbeing Line, available 24/7/365
- One-to-one support and problem-solving sessions
- Community engagement for those feeling lonely or isolated
- Live assistance with an advisor, available online 24/7/365

Don't wait for mental ill-health to make it hard to cope. Reach out today on 0800 616171 or visit wellbeingforwarwickshire.org.uk

