

Feeling stressed, low in mood, worried or anxious?

Wellbeing for Warwickshire is here to support your mental health 24/7, 365 days a year. We offer:

- Anonymous and confidential online counselling, forums and wellbeing tools
- Drop-in hubs across Warwickshire
- Mental health courses, learning 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

If you're aged 16+, start by calling **0800 616171**
or visiting **wellbeingforwarwickshire.org.uk**



Wellbeing for Warwickshire

An open door to supporting your mental health

