

# Wellbeing for Warwickshire

An open door to supporting your mental health



By phone, in person and online...

Here to support your mental health 24/7, 365 days a year.

- Online, anonymous mental health counselling, including messaging, forums, drop-in chats and development tools
- Wellbeing hubs across Warwickshire, providing a safe space for people to drop-in and chat about their mental health
- Free mental health courses, learning and workshops as part of the Recovery and Wellbeing Academy
- 24/7 mental health helpline providing low-level support and information – **0800 616171**
- One-to-one face-to-face support, offering a listening ear, signposting and practical problem solving
- Community links, offering one-to-one support to engage in the local community



**0800 616171**

[wellbeingforwarwickshire.org.uk](https://www.wellbeingforwarwickshire.org.uk)



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