

Wellbeing for Warwickshire: Service Update Winter Months

Wellbeing for Warwickshire provides low level/early intervention support services aiming to enhance the mental health and wellbeing of individuals aged 16 years and over, and for people with on-going mental health issues living in Warwickshire.

[\(024\) 7771 2288](tel:02477712288)

wbw@cwmind.org.uk

www.cwmind.org.uk/wbw

Wellbeing Hubs – face-to-face

Warwickshire Wellbeing Hubs provide group based listening ear sessions which support resilience, friendship, and learning. Hubs are running in Stratford, Rugby, Nuneaton, and North Warwickshire. Places must be booked and confirmed in advance to support COVID-19 secure environments. **Contact us to find out more about the times and venues, and to book your place at one of the groups call 02477 712288 or email wbw@cwmind.org.uk**

One-to-one support – face-to-face, telephone, email, or video link

For anyone in Warwickshire wanting one-to-one support who is experiencing a time of emotional distress. A wellbeing practitioner will offer up to 6 sessions to help identify & address the causes of the distress. Support includes, practical problem solving, action planning, self-help strategies and information giving. **Contact us 02477 712288 or email wbw@cwmind.org.uk to let us know if you require face to face, telephone, or video support.**

Warwickshire Safe Haven: 2020/21

Out of hours support – telephone, face-to-face or video link

This service is available from 6-11pm every evening for anyone in Warwickshire – wellbeing practitioners are on hand for anyone who needs out-of-hours mental health support to provide reassuring assistance and signposting. Wellbeing practitioners will offer guidance to enable people to develop coping strategies to support the self-management of individual mental health and emotional wellbeing concerns. **Face-to-face appointments must be booked and confirmed in advance.**

Contact the Warwickshire Safe Haven team in the following ways:

(024) 7771 4554

(07970) 042270

safehaven@cwmind.org.uk

Safe Haven Warwickshire, Newtown Chambers, Corporation Street, Nuneaton CV11 5XR

NB: Please note that the above details may be subject to change