

If you're feeling stressed, low in mood, worried or anxious, we can help you.

By phone, online or in-person, we're here to support you in the way that suits you best. Support available from age 16+

Start by calling **0800 616171** – available 24/7/365
Coventry and Warwickshire Mental Wellbeing Line
or visit **wellbeingforwarwickshire.org.uk**
or email **support@wellbeingforwarwickshire.org.uk**

FUNDED BY: Warwickshire County Council

Wellbeing for Warwickshire
An open door to supporting your mental health

One to one support

Pathfinder: for anyone wanting emotional support. Up to eight sessions of support including practical problem solving, action planning, self-help strategies and information giving. Available by phone, online or face-to-face at a wellbeing hub.

Community Links: for anyone feeling lonely or isolated. Our team will visit you in your home and work with you for up to six sessions to support you to make connections, engage in your local community and access the things that are important to you.

Drop-in support

Drop-in sessions are offered at each hub with no appointment needed. They are friendly spaces and provide social support in a cafe style environment to help people connect with others.

Bedworth
25 Congreve Walk
Bedworth CV12 8LX
Wed 5pm-8pm
Fri 5pm-8pm

Nuneaton
The Retreat, Bond St
Nuneaton CV11 4DA
Tue 1pm-4pm
Fri 9am-12noon

Rugby
28 Cromwell Rd
Rugby CV22 5LY
Tue 1pm-4pm
Sat 10am-1pm

Leamington Spa
The Sydni Centre
Leamington CV31 1PT
Mon 12noon-2pm
Wed 2pm-pm
Fri 12noon-2pm

North Warwickshire
Mancetter Memorial Hall, Old Farm Rd
Mancetter CV9 1QN
Mon 9am-12noon
Fri 1pm-4pm

Stratford-upon-Avon
Fred Winter Centre
Stratford CV37 6QY
Mon 10am-12noon
Tue 11am-2pm
Fri 10:30am-12:30pm

Wellbeing for Warwickshire also offers

Coventry and Warwickshire Mental Wellbeing Line, available 24/7/365 for advice, information and signposting – **0800 616171**

A website providing information, guidance and signposting with a 'live assistance' function – **wellbeingforwarwickshire.org.uk**

Anonymous and safe digital mental health service for self-help articles, forums, counselling and discussion boards – **qwell.io**

Courses and workshops to better understand and manage mental health and wellbeing – **recoveryandwellbeing.co.uk**