



**Support for
when you
need it.**

 **Mind**
Coventry and
Warwickshire

We are Coventry and Warwickshire Mind

Coventry and Warwickshire Mind delivers over twenty-five support services for people with poor mental health and wellbeing.

Working with children, young people and adults across Coventry and Warwickshire, we provide:

- One-to-one and group support sessions for when you need to talk
- Drop-in hubs for wellbeing support and supported social activities
- Navigation, education, group and peer support for autistic individuals
- Specialist, tailored and crisis support, including a 24-hour nursing facility
- One-to-one, group and peer support for children and young people

Everyone with poor mental health should get the support they need and the respect they deserve – no-one should face a mental health issue alone.

This leaflet contains a brief introduction into all of the services we currently offer. You can find out more about each service, including how to make a referral, on our website, www.cwmind.org.uk.



Wellbeing for Coventry

Mental health support for adults aged 18+ in Coventry

Wellbeing for Coventry provides one-to-one, group and peer support for adults experiencing an emotionally difficult time in their lives.

The service offers personalised support that is tailored to the individual. Our experienced support workers, practitioners and tutors work with individuals and groups to help them:

- Improve health, wellbeing, independence and resilience
- Remain safe and secure in the community
- Increase engagement in meaningful activity, education and volunteering, and enable social participation

Call 024 7622 9988 or visit cwmind.org.uk/wfc

Wellbeing for Warwickshire

An open door to supporting your mental health

**Mental health support in the way that suits you best,
online, in person and via telephone (for adults aged 16+)**

- Anonymous and confidential online counselling 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
- Live assistance with an advisor, available online 24/7/365

Call 0800 616171 or visit wellbeingforwarwickshire.org.uk

Clear and timely autism support for children, young people and adults across Coventry and Warwickshire

If you self-identify as autistic, are awaiting an autism assessment or have an autism diagnosis, the Community Autism Support Service can help you, your family members and your carers by providing:

- One-to-one, group and themed support to identify goals
- Peer mentors with lived experiences to boost confidence
- Training and education for family members and professionals

Call 024 7601 2333 or visit casspartnership.org.uk

Further support for neurodiverse individuals

ASC Youth Clubs (Vibes)

Social activities and games for autistic children and young people living in Coventry aged 7–18. **(024) 7663 1835**

Specialist Keyworker Project

Specialist support for autistic and/or learning disabled young people to prevent hospital admission. **(024) 7663 1835**

Further talking therapies

NHS Talking Therapies (IAPT)

Counselling, therapy and support to help individuals overcome poor mental health and get back to living a normal life. **(024) 7667 1090**

Safe Haven

Coventry and Warwickshire

Out-of-hours crisis support for individuals aged 16+ who are struggling to cope or feeling overwhelmed and distressed.

Practitioners can guide towards creating coping strategies, as well as providing reassuring support for those who feel their lives are reaching a point of crisis. Support can be accessed via phone, text, videochat, email and in-person at one of our venues (6pm–11pm):

- The Retreat, Bond St, Nuneaton CV11 4DA
- Wellington Gardens, Windsor St, Coventry CV1 3BT
- Coleshill Community Centre, Coleshill B46 1HH (Friday evenings)

Call 024 7601 7200 or visit cwsafehaven.org.uk



For when you want to learn more

The Environment and Me

Enhancing mental health and wellbeing through outdoor activities, including bushcraft, planting and nature walks. **024 7655 4468**

Recovery and Wellbeing Academy

A wide range of free courses and workshops, designed to increase empowerment and understanding of mental health. **0300 303 2626**

For when you need to refer a client

Supported Self-Help

Information, resources and regular contact to help individuals better understand their emotions and improve their wellbeing.

Community Wellbeing Service

One-to-one and group support aimed at improving wellbeing, building social networks and enabling community integration.

Housing Support Service

Providing appropriate properties, followed by practical and emotional support to help individuals sustain their tenancy. **(024) 7663 0826**

Intensive Recovery Support Service

Supporting individuals taking steps into the community and independence after leaving hospital or rehabilitation. **(024) 7663 0826**

St Clair Gardens

24hr clinical-focused care and support for adults who may be receiving their treatment in hospital or secure settings. **(024) 7655 5387**

Space 2 Thrive

Trauma therapy and support for women who have experienced the trauma(s) of domestic abuse. **(024) 7771 2276**



Supporting our children and young people



Big Umbrella

Working with schools to support young people to maintain good wellbeing and build resilience. **(024) 7663 1835**

Children Looked After

Support for children in residential or foster care, and training and advice for carers and professionals. **(024) 7663 1835**

Peer Mentor Support Service

Group and one-to-one support for 16 – 25 year olds transitioning into adult mental health or community services. **(024) 7663 1835**

Rise

Counselling, therapeutic group work, peer support and online self-help tools. **(024) 7663 1835**

Get involved and help us to help others

Volunteer with us

Volunteering with us opens up many opportunities to develop new skills, meet new people and gain insight into the world of mental health and wellbeing support. All of our volunteers receive training before taking up their role, as well as support sessions and ongoing training. And best of all, you don't need any previous experience! Find out more at cwmind.org.uk/volunteering

Fundraise for us

From a monthly donation or a gift in your will, to running a marathon or a cake sale, we appreciate all fundraising efforts no matter how big or small they may seem. Head to cwmind.org.uk/fundraising to register and start fundraising for Coventry and Warwickshire Mind!

Workplace training

Accredited training, courses and workshops to support the mental health and wellbeing of your employees. Our comprehensive and tailored training offer is an investment in your business' potential, supporting you in creating an open and understanding workplace that benefits everyone. Find out more at cwmind.org.uk/training

And, of course, you can always send us a donation!

Donations help us ensure nobody in Coventry and Warwickshire has to face poor mental health alone. We're here for you. For your family. For your friends. For everyone. Donate today at cwmind.org.uk/donate

(024) 7655 2847
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www.cwmind.org.uk



Scan me to go
to the website!

