



PRIMARY CARE NETWORK
KENILWORTH & WARWICK

Mental Health Support & Resources



CARE CONNECT HUB

KENILWORTH & WARWICK PCN



In House support

Our GP practices are committed to providing mental health support, acting as a first point of contact for patients experiencing mental health challenges. Our GPs are trained to assess a wide range of conditions, from common issues like anxiety and depression to supporting with more complex needs, offering initial diagnosis, medication management, and ongoing monitoring where appropriate. We can also provide compassionate listening and practical advice. A key aspect of our support involves signposting and referral to specialist services, including NHS Talking Therapies (formerly IAPT) for conditions such as depression and anxiety, and secondary care mental health services for more severe or enduring mental illnesses.

Social Prescribers

The Social Prescribing team helps connect you to services and practical support tailored to your needs but does not provide medical advice. They assist with issues such as reducing loneliness, financial concerns, unpaid carer support, employment, volunteering, bereavement, housing issues, and accessing counseling, peer support, and community resources.





Local Support

Healthy Minds service

024 7667 1090

(Previously Coventry, Warwickshire and Solihull IAPT service)

For support with anxiety and depression, self referral.

Hours: 09:00- 16:30 Monday - Friday (excluding Bank Holidays)

Coventry and Warwick Mental Wellbeing Line

0800 616171

Or www.wellbeingforwarwickshire.org.uk - online live assistance to speak to an advisor:

This is available for both Coventry and Warwickshire residents 365 days a year.

Recovery and Wellbeing course

An academy that offers a wide range of trauma informed course and workshops designed to empower your mental Health - Completely Free of Charge!

<https://www.recoveryandwellbeing.co.uk/>

Mental Health Matters

MHM are working with Coventry & Warwickshire Partnership NHS Trust to provide employment related support to individuals who are also accessing the Coventry & Warwickshire NHS Talking Therapies service.

Referrals: 0247 667 1090

General enquiries & 24/7 Helpline: 0800 616 171

Opening hours: Monday to Friday, 9am - 5pm



Crisis and Urgent Support

Samaritans (www.Samaritans.org)

- **What they offer:** A safe place to talk any time, day or night, about whatever is getting to you. They are available 24/7, 365 days a year.
- **Key features:** Free helpline (116 123), email support (jo@samaritans.org), and some branches offer face-to-face support.

Shout (Giveusashout.org)

- **What they offer:** Free, confidential, 24/7 text messaging support for anyone struggling to cope or in crisis.
- **Key features:** Text "SHOUT" to 85258.

CALMS (www.theclamzone.org)

- **What they offer:** A movement against suicide, specifically focused on men. They provide a helpline, webchat, and information and support.
- **Key features:** Helpline (0800 58 58 58) and webchat, open 5pm-midnight, 365 days a year.

Safe Haven (<https://cwsafehaven.org.uk/>)

- **What they offer:** Safe haven is a place for you if you have feelings of mental health distress
- **Key features:** Drop ins across Coventry and Warwick, support for ages 16+, support phone number 024 7601 7200





Specialised Support

Young Minds (www.youngminds.org.uk)

- **What they offer:** Leading the fight for a future where all young minds are supported. They provide information and resources tailored to children and young people's mental health.
- **Key features:** Parent Helpline, text support for young people (text 'YM' to 85258), and online resources.

Anxiety UK (www.anxietyuk.org.uk)

- **What they offer:** Advice, support, and information for people who experience anxiety, panic attacks, and anxiety-based depression.
- **Key features:** Targeted support for anxiety disorders.

Papyrus (<https://www.papyrus-uk.org/>)



- **What they offer:** Support and advice for people under 35 experiencing suicidal thoughts or finding it hard to cope. They also support anyone concerned about a young person.
- **Key features:** HOPELINEUK (0800 068 4141), text (07786 209 687), and email (pat@papyrus-uk.org).

Hub of Hope (<https://hubofhope.co.uk/>)

- **What they offer:** The UK's largest mental health support directory. You can search for local and national mental health services.
- **Key features:** Searchable directory with filters for specific needs, and an app.

Togetherall (<https://togetherall.com/en-gb/>)

- **What they offer:** A safe, anonymous online community where individuals can share experiences and benefit from practical wellbeing tools and resources.
- **Key features:** Available 24/7, clinically moderated. Access may be free through employers, universities, NHS providers, or local councils.



**If you feel like you are struggling,
please look at contacting any of the
services listed in this booklet and
remember:
*it is okay to not be okay.***

If you want to talk about your thoughts around potential concerns around your mental health you can also contact your GP practice who will be able to provide you with advice and support, along with potentially sign posting to available searches within the NHS and externally.

