



Adult Self-care for Supportive Environments Level 2-6

Click the link below to jump to these resources.

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The resources are suggestions only and you can choose the most suitable materials for you. Most of these are free resources, but you might have to pay a small amount for some (e.g. apps and books).

For the most comprehensive range of resources for your overall mental health and wellbeing, we recommend that you rate all Dimensions available. dimensions.covwarkpt.nhs.uk

Emergency Support

If you feel that it would be helpful to talk to somebody about how you are feeling, you can call these helplines.

Coventry and Warwickshire Mental Wellbeing Line: 0800 616171

Samaritans: 116 123

NHS Helpline: 111

Mental Health Access Hub (Coventry and Warwickshire Partnership NHS Trust) can be contacted if you have significant concerns about your or somebody else's mental health and feel you need to speak to a mental health professional.

08081 966798 (Option 1)

If you need further help for your mental health, you can visit their/your GP.

Local Support

You may find the following organisations useful. We have checked the websites but please note that they may not be completely up to date.

The Recovery and Wellbeing Academy has helpful information on self-care and self-management courses for your mental health and wellbeing for people living in Coventry and Warwickshire.

☎ 0300 303 2626

✉ Recovery.Academy@covwarkpt.nhs.uk

🌐 www.recoveryandwellbeing.co.uk

NHS Coventry, Warwickshire and Solihull Talking Therapies offers free, evidence-based therapy for a range of mental health problems, especially anxiety and depression. You can refer yourself online through their website. They also have lots of useful resources on their website.

☎ 024 7667 1090

🖥 www.talkingtherapies.covwarkpt.nhs.uk

For further local support groups and organisations please see these additional flyers.

🖥 [Coventry and Warwickshire Community Support for Neurodivergent People and their Families](#)

🖥 [Coventry and Warwickshire Local Authority, Education and Health Services– Adult](#)

National Support

You may find the following organisations useful. We have checked the websites but please note that they may not be completely up to date.

Red Cross has resilience building activities to improve your wellbeing.

🖥 www.redcross.org.uk/get-help/get-help-with-loneliness/support-and-resources-for-adults/your-wellbeing-and-resilience-toolkit

MIND have information on the Equality Act, types of discrimination, human rights and reasonable adjustments. They explain what reasonable adjustments are and who is entitled to them.

🖥 www.mind.org.uk/information-support/legal-rights/disability-discrimination/reasonable-adjustments

Citizens advice has information on your rights and the rights of disabled children and adults.

🖥 www.citizensadvice.org.uk/law-and-courts/discrimination/check-what-type-of-discrimination-youve-experienced/duty-to-make-reasonable-adjustments-for-disabled-people

Adoption UK offers support to adopters and people who want to adopt. There is a library to borrow books from and a forum to connect with other parents. The helpline is open Monday – Friday, 10am – 4.30pm.

☎ 0300 666 0006

✉ info@adoptionuk.org.uk

🗣 www.adoptionukforum.org

🖥 www.adoptionuk.org

Kinship Carers is a website with information and advice for relatives who are looking after a child.

🖥 www.kinshipcarersuk.com

Autism West Midlands has a range of downloadable advice sheets and visual resources, including virtual tours of places you might visit, such as the children's hospital and the station. They also have a part-time information confidential helpline service.

🖥 autismwestmidlands.org.uk/information-resources-index

National Autistic Society provide guidance on reasonable adjustments and sensory friendly environments. They also have health passports, which be used to support appointments in health care when requesting reasonable adjustments for you and/or your child.

🖥️ www.autism.org.uk/advice-and-guidance/topics/autism-friendly-guide/accessible-environments

Autism Central is a peer education programme, commissioned by NHS England. It aims to build knowledge and understanding of autism and empower families and carers to advocate for autistic people they support. Local support helps families to get the right understanding and adjustments in place across the services they use.

🖥️ www.autismcentral.org.uk

🖥️ Midlands region support www.autismcentral.org.uk/guidance/support-groups-families

🖥️ Contact Midlands support www.autismcentral.org.uk/hubs/contact-and-ambitious-about-autism-midlands

🖥️ Events www.autismcentral.org.uk/events

🖥️ Navigating support www.autismcentral.org.uk/guidance/navigating-support

🖥️ Resources www.autismcentral.org.uk/resources

🖥️ Services directory www.autismcentral.org.uk/services-directory

Carers UK has a helpline to support carers by giving information and advice. Their telephone helpline is open Monday – Friday, 9am – 6pm.

☎️ 0808 808 7777

✉️ advice@carersuk.org

🖥️ www.carersuk.org/help-and-advice

Euan's Guide provides location reviews for disability access. You can search and add your own listings and reviews to help other people.

🖥️ www.euansguide.com

Gingerbread has a helpline and offers advice and information on a variety of topics for single parents.

☎️ 0808 802 0925

🖥️ gingerbread.org.uk/content/425/Helpline

🖥️ www.gingerbread.org.uk/information

SMART-ASD: Matching Autistic People with Technology Resources is a free online course. This course is aimed at all those interested in finding out more about autism and intellectual (or learning) disability in children, and how technology can support them.

🖥️ www.futurelearn.com/courses/supporting-autism

Videos and Audio

You may find the videos/podcasts below useful. Podcasts can be downloaded using the podcast app on smart phones. In some cases, there may be costs involved, so before you purchase make sure that you check for costs and ensure the podcast is suitable for you. Please note: these have been produced by external organisations and may feature adverts, over which we have no control.

Coventry and Warwickshire Integrated Care System has an informative video, presented by a local Expert by Experience and with professional input, aimed at empowering people to feel more confident when talking about neurodiversity.

- ▶ www.happyhealthylives.uk/latest-news/new-coventry-warwickshire-resource-provides-unique-insight-into-neurodivergent-language

Disability Rights UK has a video on the rights of disabled people in regard to 'Reasonable Adjustments'

- ▶ youtu.be/BrGnFgoFAv8

Autistica have several helpful webinars on subjects such as: 'Neurodiversity in the workplace', 'How can we move to towards an autism friendly world' and 'Autistic social belonging and connectedness'.

- ▶ www.autistica.org.uk/get-involved/join-an-expert-webinar

Apps

You may find these apps useful, which can be downloaded from your app store. Please note that there are costs involved to download some of these apps. Before you purchase, make sure that you check that the app is suitable for you and you are aware of the costs.

My Health and Wellbeing App Library is a partnership between NHS CWPT and ORCHA with a range of quality assured apps to help support your health and wellbeing. Apps listed below may have a link to the app library.

- ⚙️ covwarkpt.orcha.co.uk

Reading

Below are some links for further reading which you may find useful. These links are not the only place where you can find these books, but they do include reviews so please read them to help you decide if they will be useful to you. You may also find these books in libraries, online, or in second-hand bookstores.

Libraries offer free book loans and events.

- 📖 www.warwickshire.gov.uk/libraries

- 📖 www.coventry.gov.uk/libraries

- 📖 [Parenting Adopted Teenagers](#) by Rachel Staff will help parents to understand issues for adopted teens and offers strategies to help during what can be very troubled years for some young people.

- 📖 [One of the family: a handbook for kinship carers](#) by Hedi Argent gives a general overview, explaining legal framework and the help carers can expect and apply for.

Young Adults

You may find the following organisations useful. We have checked the websites but please note that they may not be completely up to date.

Valley House team will work alongside people to take control of their lives and create their own futures.

🖥️ valleyhouse.org.uk

Become offers help and support to young people who are aged 16-25 years to help them with a range of issues including money, work, education and mental health. There is a freephone helpline that is open Monday - Friday, 10.30am - 3pm.

☎️ 0800 023 2033

✉️ advice@becomecharity.org.uk

🖥️ becomecharity.org.uk

Coram Voice provides a service for young people who are in care, leaving care, or need help from Children's Services. Young people can find out about their rights, talk to someone if they can't get the support they need, or talk about other issues. Coram also uses email, a range of social media contacts, and have interpreters available. Open Monday – Friday, 9.30am – 6pm, and Saturday 10am – 4pm.

☎️ 0808 800 5792

✉️ www.coramvoice.org.uk/alwaysheard

🖥️ coramvoice.org.uk

Little Lullaby support young parents to feel better informed, more confident, and less isolated, through pregnancy, birth and parenthood.

🖥️ www.lullabytrust.org.uk/young-parents

The Rees Foundation offers a range of services to young adults who have been in care at any point in their childhood. It offers information, advice, financial support, and help to find a community. They have a helpline open Monday – Friday, 9am - 5pm.

🖥️ www.reesfoundation.org

The Mix has information and support for under 25-year-olds. Their Crisis Messenger Text Service provides 24/7 crisis support across the UK.

☎️ 0808 808 4994

✉️ www.themix.org.uk/get-support/speak-to-our-team/email-us

🗣️ www.themix.org.uk/get-support/speak-to-our-team

🖥️ www.themix.org.uk

🖥️ Family life www.themix.org.uk/sex-and-relationships/family-life

Kooth offers a free, anonymous online service for young adults (up to 25-years-old). You have to sign up to use their services. They have a range of support including top tips, discussion boards, and online counselling. Open 24/7, 365 days a year.

⚙️ www.kooth.com

Young Minds provide support, information, and advice for young people under the age of 25 on mental health issues. This includes topics such as social media, racism, university, sexuality and gender, and more. Access the Crisis Messenger for free 24/7 support across the UK if you are experiencing a mental health crisis.

☎ 0808 802 5544

✉ Text **YM** to **85258**

🌐 www.youngminds.org.uk

🌐 www.youngminds.org.uk/young-person/find-help

🌐 Mental health support guides www.youngminds.org.uk/parent/parents-a-z-mental-health-guide

🌐 ADHD and mental health www.youngminds.org.uk/young-person/mental-health-conditions/adhd-and-mental-health

🌐 Young carers www.youngminds.org.uk/young-person/coping-with-life/young-carers

Fixers have a number of videos for young people:

▶ How domestic abuse can impact young people

www.youtube.com/user/@FixersUK/search?query=abuse

▶ What have you done today? Young carers youtu.be/4SPzjrTPO1I

▶ Children in care youtu.be/F8_A_01U0ng

Students

You may find the following organisations useful. We have checked the websites but please note that they may not be completely up to date.

SCOPE provide detail on their website on reasonable adjustments for disabled people in college and university education.

🌐 www.scope.org.uk/advice-and-support/reasonable-adjustments-college-university

British Dyslexia Association provide detail on the Special Educational Needs Code of Practice and reasonable adjustments in school to support Dyslexic students.

🌐 www.bdadyslexia.org.uk/advice/educators/what-do-i-need-to-know/reasonable-adjustments

Please note that Coventry and Warwickshire Partnership NHS Trust is not responsible for the content or reliability of the websites, apps, videos, podcasts and further reading we link to in this document and do not necessarily endorse the views expressed within them.

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