



Dimensions of health and well-being

Find information to support your child

Dimensions website: <https://dimensions.cowwarkpt.nhs.uk/>

Rise website: <https://cwrise.com/>

Go to the Dimensions website and rate a young person's difficulties to find our self-care flyers. The front page of the site has full details about how to use it and links to relevant documents.

Look at information on the following Dimensions.

Worrying and anxiety	Mood & enjoyment	Eating	Managing impulses and urges – anger, tics, self-harm	Behaviour
Sensory responses	Motor skills & coordination	Attention & concentration	Relationship with parents/carers	Social communication
Connection with reality	Problem solving and managing stress	Gender identity	Using the toilet	Sleep
Response to adults and accepting support	Connection with the community	Difficult experiences – bullying, abuse, traumatic events	Hobbies & interests	Family situation
Offending behaviour	Health conditions	Exercise	Learning Difficulties (including dyslexia)	Friendships
Flexibility	Sexual & sexualised behaviour	Attending school college or training		

To hear about new additions to Dimensions, follow us on social media.

[Facebook: CWPTDimensions](#)

[Twitter CWPT_Dimensions](#)

Send us information about interventions in the community:

child.dimensions@cowwarkpt.nhs.uk