



Using Dimensions of Health and Well-being

1

VISIT THE DIMENSIONS WEBSITE ON YOUR DEVICE

<https://dimensions.covwarkpt.nhs.uk>



2



RATE UP TO 28 DIMENSIONS OF HEALTH AND WELL-BEING

Ratings are from 0 (unknown) to 6 (very significant problems). For a quick search, only rate the Dimensions you want - leave the others rated as UNKNOWN (0).

3

THE APP ANALYSES YOUR RATINGS

The app analyses the information and automatically matches the level of difficulty to self-care information.



4



THE APP MAKES A REPORT AND GIVES YOU THE RELEVANT INFORMATION IN FLYERS

The report and all the selfcare flyers can be saved on your computer. Flyers for the highest rated Dimensions appear at the top of each list - read these first.

5

DISCUSS YOUR CONCERNS WITH A PROFESSIONAL

If there are a lot of orange or red ratings on the report's charts, please talk to a professional in an education or health service. If they are a registered user, their version of Dimensions will give them information about services for well-being in Coventry & Warwickshire.



Join the community...
Email to tell us about local interventions: child.dimensions@covwarkpt.nhs.uk

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