

Dimensions of Health and Wellbeing

is a free, online tool providing self-care information to support people in Coventry and Warwickshire.



1
Visit the
Dimensions
website on
your device



 dimensions.covwarkpt.nhs.uk

Give the tool some details. We cannot use this information to identify you or the person being rated.



2
Rate the Dimensions

Read the Dimension description and chose the most appropriate level from 1-6 for the person being rated.



3
Dimensions report

The Dimensions tool produces a report using your answers.

You must save the report to your device to view later.

We do not store any Dimensions reports.



4
Dimensions
self-care flyers

The Dimensions report has links to self-care flyers to help you find support.



Local wellbeing courses can be found at www.recoveryandwellbeing.co.uk

5
Discuss your concerns
with a professional

If there are a lot of orange or red segments on the report, please talk to a professional in health or education or to your support worker.

They can advise you of your next steps.



For urgent mental health support

Contact the Mental Health Access Hub on Freephone 08081 966798 or call 999.

