

Dimensions of Health and Wellbeing

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



Register

 dimensions.covwarkpt.nhs.uk



Register for a Dimensions user account in the professionals area on the website. We have to check you are a local professional. It can take up to 48 hours to process your request.

To receive a copy of the Dimensions report by email and occasional service updates, you **must** consent to receive emails. We do not store any Dimensions reports.



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Rate the Dimensions

Log in and give the tool some details. We cannot use this information to identify you or the person being rated.

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



Dimensions report and self-care flyers

The Dimensions tool produces a report using your answers.

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

The Dimensions report has links to self-care flyers which you can use with the people you support.



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Children and young people's version only

For professionals, the Dimensions tool has links to interventions and assessments.

You **must** rate ALL the Dimensions in order to see this information and follow the instructions to make any referrals.



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For urgent mental health support

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

