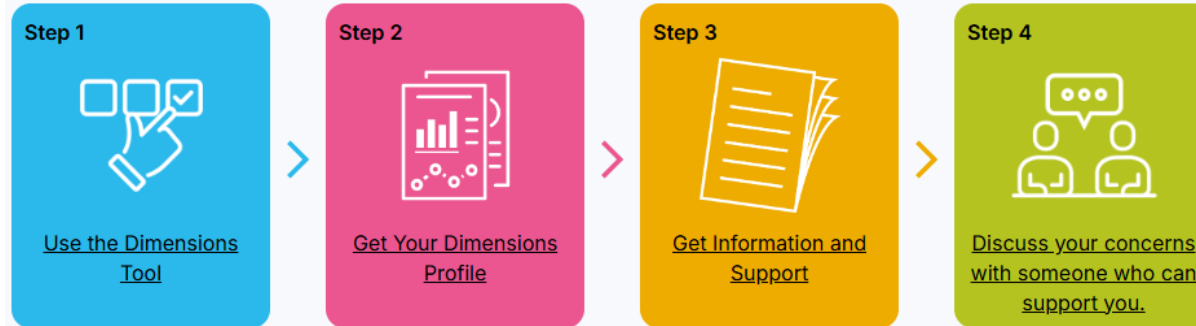




Dimensions of Health and Wellbeing

dimensions.covwarkpt.nhs.uk



What is the Dimensions of Health and Wellbeing?

The Dimensions of Health and Wellbeing is a free accessible online tool that provides a personalised profile and information to support adults, children and young people in Coventry and Warwickshire.

Animation [What is Dimensions of Health and Wellbeing?](#)

You can rate yourself or another person using the Dimensions, to create a profile which can highlight a person's areas of strength and areas where they may benefit from support. It provides trusted information about, local services, national support and resources such as videos, apps and books.

How to Use the Dimensions of Health and Wellbeing

[How to use the Dimensions of Health and Wellbeing - Visual Guides](#)

[Dimensions Health and Wellbeing infographic](#)

List of the Dimensions

[Adult Dimensions](#)

[Children and Young Persons Dimensions](#)

Example profile and support information

[CYP Dimensions Profile](#)

[CYP Support Information](#)

[Adult Dimensions Profile](#)

[Adult Support Information](#)



Why should you use the Dimensions of Health and Wellbeing?

[Benefits of using the Dimensions to Support Health and Wellbeing - Visual Guides](#)

Please get in touch if you have any feedback on the tool or would like to arrange an awareness session for your team or organisation. dimensions@covwarkpt.nhs.uk