

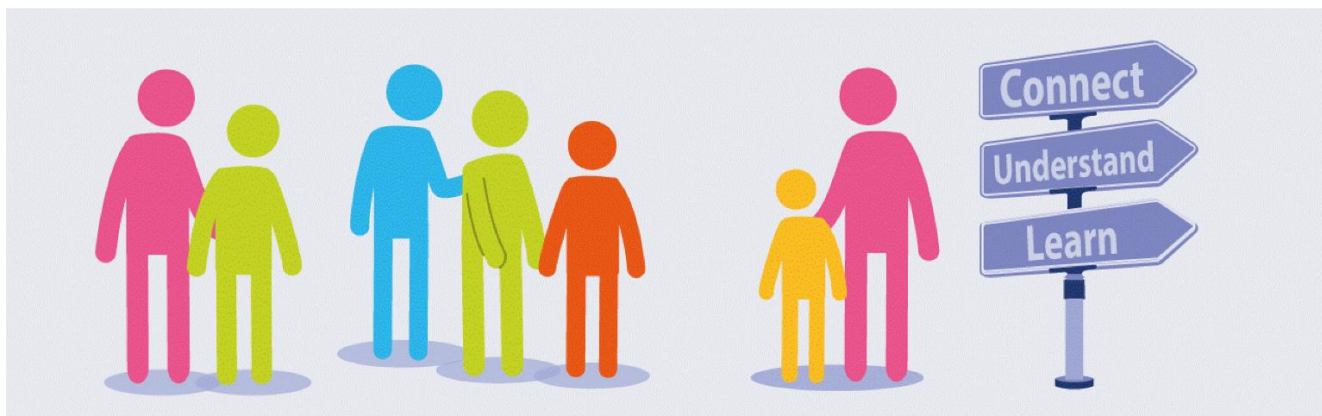


Adult Neurodevelopmental Service



Pre-Assessment Support Information Booklet





Whilst you are waiting for your neurodevelopmental assessment you may wish to explore the support that other local services can offer.

The resources are suggestions only and you can choose the most suitable materials for you. We have checked the websites but please note that they may not be completely up to date.

It is **not necessary** for you to have a **formal diagnosis** of Autism or ADHD for you to access the support services listed in this booklet.

Click the link below to jump to the resources.

Mental Health

Finances and
Housing

Addictions

Support with
Daily Living

Employment

Education

Support for
Carers/Family

ADHD

Autism

Dimensions of Health and Wellbeing

Dimensions of Health and Wellbeing is a free online tool providing self-care information to support adults, children and young people in Coventry and Warwickshire.

You can rate yourself or another person against a number of dimensions related to health and wellbeing.

The Dimensions tool is available 24/7 and creates a Dimensions report which provides information about self-care, local services and support.



🖥️ www.dimensions.covwarkpt.nhs.uk

▶ www.youtube.com/watch?v=VtGnQnOfb7o

Mental Health

If you have concerns about your mental health, it is recommended you contact your **GP Practice** in the first instance. They will be able to discuss the most appropriate treatment with you. This may include a trial of medication, talking therapies, lifestyle adjustments, onward referrals to mental health services etc.

Emergency Support

If you feel that it would be helpful to talk to somebody about how you are feeling, you can call these helplines:

☎ Mental Health Matters: 0800 616171 (from landline)

0300 330 5487 (from mobiles)

📞 NHS Helpline: 111

If you have significant concerns about your or somebody else's mental health and feel you need to speak to a mental health professional, please contact the **Mental Health Access Hub** and select option 1.

☎ Freephone 08081 966798

NB. Although under our current commissioning arrangements we are unable to accept referrals for clients open to the Community Mental Health Service at the point of referral, your place on our waiting list will not be affected if you need to access this service whilst waiting for your Autism and/or ADHD assessment.

Healthy Mind Service (IAPT) offers free, evidence-based therapy for a range of mental health problems in Coventry, Solihull and Warwickshire. You can refer yourself online through their website. They also have lots of useful resources on their website. Their telephone and referral centre is open Monday to Friday, 9am to 4.30pm.

☎ 024 7667 1090

 www.healthymindservice.com

healthy mind
SERVICE

Mental Health

We know that speaking over the phone can sometimes be difficult. Below is a list of text/ web-based support services you may find useful as well as traditional telephone helplines.



☎ Text 'SHOUT' to **85258**

💻 www.giveusashout.org

Shout offer free, confidential support, 24 hours a day.

You will receive an automated message asking you a few questions about your reason for contacting the service.

You will then be connected to a trained SHOUT volunteer. (The aim is for this to happen within 5 minutes). You can then text back and forth until you feel calm and safe.



Mental Health Matters Webchat is free, confidential and available 24 hours a day. You will be asked to fill in some details, including your name, email and reason for contacting the service. You will then be connected to someone who can support you.

💻 www.mhm.org.uk/helpline-webchat

Click on the webchat icon.

Samaritans free, confidential service offers non-judgemental emotional support at any time of the day or night.

☎ 116 123

✉ jo@samaritans.org (response time 24 hours)

💻 www.samaritans.org

SAMARITANS

Anxiety UK is a charity formed for those affected by anxiety disorders. It is a user led organisation, led by sufferers and ex-sufferers of anxiety disorders.

They aim to responses to texts or email within 1 working day. Phone support is available Monday-Friday 9:30am-5:30pm.

☎ 03444 775774

☎ 07537 416905

✉ support@anxietyuk.org.uk

💻 www.anxietyuk.org.uk



Mental Health

Mental Health Matters is a nationwide charity providing support to people with mental health needs.

☎ 0800 616171 (from landline)

☎ 0300 330 5487 (from mobiles)

💻 www.mhm.org.uk



Local Safe Havens offer drop in, email and telephone support from 6pm - 11pm every evening.

Warwickshire Safe Haven

☎ 024 7771 4554

☎ 07970 042 270

✉ safehaven@cwmind.org.uk

📍 Nuneaton Wellbeing Hub, Newtown Chambers, Corporation Street, Nuneaton, CV11 5XR.

💻 cwmind.org.uk/warwickshire-safe-haven-nuneaton

💻 [Leaflet cwmind.org.uk/wp-content/uploads/2020/11/Safehaven_October-2020-update.pdf](http://cwmind.org.uk/wp-content/uploads/2020/11/Safehaven_October-2020-update.pdf)

Coventry Safe Haven

☎ 0800 470 0321

✉ coventryhaven.mhm@nhs.net

📍 Broad Street Centre, Broad Street, Coventry, CV6 5AX.

💻 www.mhm.org.uk/coventry-safe-haven

Mind is a charity that aims to increase awareness and understanding of mental health issues. They provide advice and support to empower anyone experiencing a mental health problem.

💻 www.mind.org.uk

💻 Mind (Coventry & Warwickshire) cwmind.org.uk

💻 Springfield Mind springfieldmind.org.uk



The Recovery and Wellbeing Academy has helpful information on self-care and self-management courses for your mental health and wellbeing for people living in Coventry and Warwickshire.

☎ 024 7622 9988

☎ 0300 303 2626

✉ Recovery.Academy@covwarkpt.nhs.uk

💻 www.recoveryandwellbeing.co.uk



Mental Health

Stay Alive App is a pocket suicide prevention resource packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. You can download this from your App Store.

⚙ www.stayalive.app

*In an emergency e.g., if you are feeling unable to keep yourself safe, please call **999**

If you require further information and support, please visit the [Dimensions of Health and Wellbeing](#) and rate the following Dimensions

Worry, Stress and Anxiety

Traumatic Experience

Suicide, Self-harm and Risk to Self

Managing Emotions

Voice hearing, unusual experiences and psychosis

Mood

Addictions

Change Grow Live (CGL) provides Drug and Alcohol Services in Coventry, Leamington, Nuneaton and Rugby. They offer a recovery-focused service with a full range of treatments and interventions. You can call or email enquiries.



**Change
Grow
Live**

CGL Coventry

☎ 024 7601 0241

✉ coventryreferralsandenquiries@cgl.org.uk

💻 changegrowlive.org/drug-alcohol-service-warwickshire

CGL Warwickshire

☎ 01926 353 513

✉ Warwickshire.Info@cgl.org.uk

💻 www.changegrowlive.org/drug-alcohol-service-coventry/info

If you require further information and support, please visit the [Dimensions of Health and Wellbeing](#) and rate the following Dimensions.

Addictions (including, Alcohol, Drugs, Gambling, Gaming, Tobacco, Sex)

Support with Daily Living

Social Care at your local Council may be able to carry out a needs assessment, if you are finding it difficult to live independently and require support with day to day living. Social Care will be able to signpost you to other services should they be unable to offer you direct support.

🖥️ Coventry: www.coventry.gov.uk/info/72/health_and_social_care

🖥️ Warwickshire www.warwickshire.gov.uk/adultsocialcare

Grapevine Coventry & Warwickshire offer practical guidance, advocacy and support to individuals experiencing disadvantage to build better lives



🖥️ www.grapevinecovandwarks.org



Community Wellbeing Hubs in Rugby, Atherstone and Nuneaton, offer free information, advice and signposting to any adult with a learning disability and/or their carers

🖥️ www.nwcommunityhubs.com

Turning Point (South Warwickshire) offer 1:1 support for wellbeing in the community, as well as providing useful workshops.

🖥️ wellbeing.turning-point.co.uk/warwickshire/whats-on



If you require further information and support, please visit the [Dimensions of Health and Wellbeing](#) and rate the following Dimensions.

Connections With Others
Sleep
Physical Health and Wellbeing
Eating

Finances and Housing

Citizens Advice Bureau provide free online advice on a range of issues affecting an individual's life such as benefits, debt and money.

 www.citizensadvice.org.uk



Keyring Living Support Networks is a registered charity working to support individuals who have a learning disability or a mental health condition. Their Financial Freedom Project is available to people living in North Warwickshire and supports the individual to manage their money/debts.

 www.keyring.org/home

The Recovery & Wellbeing Academy run free courses relating to understanding benefits.

- Be Universal Credit Confident
- Understanding Personal Independence Payment

 www.recoveryandwellbeing.co.uk/Courses



If you require further information and support, please visit the [Dimensions of Health and Wellbeing](#) and rate the following Dimensions.

Finances
Housing and Accommodation

Employment

Occupational Health are there to support people who are employed and experiencing difficulties within the workplace, please contact yours to seek support.

Access to Work (AtW) assessment is a publicly funded employment support grant scheme that aims to support disabled people start or stay in work. It can provide practical and financial support for people who have a disability or long term physical or mental health condition. Support can be provided where someone needs support or adaptations beyond reasonable adjustments.

AtW is available for applicants who:

- have a paid job (this includes self-employment and apprenticeship's)
- are about to start a paid job (you can apply 12 weeks before start date)
- are returning to a paid job

You will be offered support based on your needs and do not require a formal diagnosis to apply. For more information see the following websites.

 www.gov.uk/access-to-work

 assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/974814/access-to-work-staff-guide-apr-2021.pdf




Accelerate is a free, local employment support service that can build your confidence, give you training, improve your skills and provide valuable work experience – all geared towards helping you get a job that suits you. The support is tailored to your goals, your interests and your needs. They will work closely with you every step of the way on your journey into work.

 www.accelerate.org.uk

ACAS have compiled information and advice regarding neurodiversity in the workplace, including common adjustments that might be appropriate for a neurodivergent team member.



 webarchive.nationalarchives.gov.uk/20210104114252/https://archive.acas.org.uk/index.aspx?articleid=6677

If you require further information and support, please visit the [Dimensions of Health and Wellbeing](#) and rate the following Dimensions.

Work

Education

SEND Information Advice & Support Service (SENDIASS) help to develop better links between parents and schools/colleges. Open to all families in Coventry who have a child with SEN or disability between 0-19 years.

☎ 024 7669 4307

✉ iass@coventry.gov.uk



Warwickshire County Council's local offer for SEND provides information about education, health and care services for 0 - 25's with special educational needs or disabilities in Warwickshire.

✉ www.warwickshire.gov.uk/send

Student Support Services are available for those currently at University and are struggling. Contact yours to seek support

Disabled Students allowance (DSA) is a fund that can provide additional support and assistive technology to support you as an undergraduate or postgraduate at university. Your university student support service can guide you through the process. You do not need to have student finance in place to apply for it.

For details on how to apply visit:

✉ www.gov.uk/disabled-students-allowance-dsa

Currently DSA requests evidence of a disability. For neurodevelopment conditions it will ask for a medical practitioner to provide a post 16 diagnostic report. If your mental health has been impacted for 12 months or more it is possible to get the support on this basis. Please ask your GP to complete this form.

✉ media.slc.co.uk/sfe/nysf/sfe_dsa_disability_evidence_form.pdf

If you require further information and support, please visit the [Dimensions of Health and Wellbeing](#) and rate the following Dimensions.

Education

Support for Carers/Partners/Family



The Carers Trust Heart of England provides integrated services for Carers in Coventry and Warwickshire. Including information, advice and support, including emotional support, in one-to-one situations and to groups of carers including emotional support to help them maintain their own health and wellbeing.

☎ 02476 632972

✉ contactus@carerstrusthofe.org.uk

💻 www.carerstrusthofe.org.uk

Family Information Services provide free information to support families with children and young people aged 0 - 25 across Warwickshire.

💻 www.warwickshire.gov.uk/fis

CASS Family/Carer Support and CASS offer sessions for partners/ family members/ informal carers (non-professional carers) of Autistic Adults (18+).

💻 actforautism.co.uk

💻 Bookings www.eventbrite.co.uk/o/act-for-autism-and-coventry-amp-warwickshire-mind-33858599659



If you require further information and support, please visit the [Dimensions of Health and Wellbeing](#) and rate the following Dimensions

Relationships; Roles and Responsibilities

ADHD Specific Support

The ADHD Foundation works in partnership with individuals, families, Doctors, Teachers and other agencies to improving emotional wellbeing, educational attainment, behaviour and life chances through better understanding and self-management. For more info visit the ADHD Foundation website.

✉ info@adhdfoundation.org.uk

💻 www.adhdfoundation.org.uk



Adult ADHD UK provide peer-led support and coaching to adults with ADHD to support multiple aspects of living with ADHD

💻 www.adhdadult.uk

💻 Twitter, Facebook and Instagram: @adhdadultuk

Autism Specific Support

The National Autistic Society provides information, support and pioneering services and campaign for a better world for people with autism or more information, visit their website which offers downloads, clear concise advice and interesting articles relating to diagnosis and support for future living.



- ✉ nas@nas.org.uk
- ✉ www.autism.org.uk/what-we-do/contact-us
- 💻 www.autism.org.uk



CAASS provide support to Autistic individuals (diagnosed, awaiting diagnosis or those that think they may be autistic) To those living in Coventry & Warwickshire (*registered with a GP in this area*).

Services they offer:

- **Peer Support Groups** on a fortnightly basis, in Stratford, Nuneaton, Rugby and Coventry with two online groups remaining for those who may not be able to access the face-to-face groups. These groups offer an informal safe space to meet others who may be experiencing similar challenges.
- **Autism Education Course** This programme looks at how adults are affected by autism; what challenges it brings (along with the positives); and where to seek support, with room for discussion and learning from each other.
- **Information and Signposting**; one off information and signposting support via telephone or email, with one of our support workers via email or a pre-arranged 10-15 minute telephone call.

☎ 024 7771 4545

✉ caass@cwmind.org.uk

💻 Course Bookings caass.eventbrite.co.uk

Dimensions of Health and Wellbeing

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



[f](#) [i](#) [t](#) [#CWPT_Dimensions](#)

We hope that you find the information included in this booklet useful whilst you are waiting for your assessment. If you are aware of other services that would be helpful for others, please do not hesitate to get in contact with us so we can update this booklet.

- Adult Neurodevelopmental Service**
Paybody Building
C/O City of Coventry Health Centre
2 Stoney Stanton Road
Coventry. CV1 4FS
- 024 76 961355**
- cwp-tr.adultneurodevelopmental@nhs.uk**
- www.covwarkpt.nhs.uk** 'Our Services' and the letter N, Neurodevelopment Services (Adults)



Karen Scorer
Clinical Lead
Occupational Therapist



Kat Stretton
Occupational
Therapist

Our Vision

“To improve the wellbeing of the people we serve and to be recognised for always doing the best we can.”

Our Values



**Compassion
in action**



**Working
together**



**Respect for
everyone**



**Seeking
excellence**

Contact Us

Coventry and Warwickshire Partnership NHS Trust

Headquarters, Wayside House,
Wilsons Lane, Coventry
CV6 6NY Tel: 024 7636 2100

Email: enquires@covwarkpt.nhs.uk
Web: www.covwarkpt.nhs.uk
Twitter: @cwpt_nhs

Equality Statement

If you require this publication in a different format or language, please contact our Equality and Diversity department on 024 7653 6802, or write to the address above.



OUR GREAT PLACE
Our **People** Our **Passion** Our **Pride**