



Dimensions of Health and Wellbeing Adults

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

To find support and self-care information on the following Dimensions, please go to our website dimensions.covwarkpt.nhs.uk and follow the instructions to rate a person's difficulties and produce a personalised report. There is also a short animation which explains the Dimensions of Health and Wellbeing.

Emotional Wellbeing and Mental Health

Worrying, Stress and Anxiety	Mood	Managing Emotions	Voice Hearing, Unusual Experiences and Psychosis
Traumatic Experience	Thinking and Memory Skills	Loss, Bereavement and Grief	

Physical Wellbeing

Sleep	Eating	Physical Health and Wellbeing	Sensory Responses
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Security, Work and Education

Work (paid / unpaid / voluntary) and Education	Finance	Housing and Accommodation
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Relationships and Connections

Relationships	Roles and Responsibilities	Connection with others
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Safety

Suicide, Self-harm and Risk to Self	Addictions	Risk to others
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