

# Dimensions of Health and Wellbeing

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



## Register

 [dimensions.covwarkpt.nhs.uk](https://dimensions.covwarkpt.nhs.uk)



Register for a Dimensions user account in the GPs area on the website. We have to check you are a local GP Practice. 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 received emails.

We do not store any Dimensions reports.



1



2

## Rate the Dimensions

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

You can use the quick version to enter the ratings from a report already created by a patient or read the descriptions with the patient and chose the most appropriate level from 1-6.



## Dimensions report and self-care flyers

3

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.



## Children and young people's version only

4

For GP practices, 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.



## For urgent mental health support

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

