# **Dimensions of Health and Wellbeing**

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











Read the Dimension description

**Rate the Dimensions** 

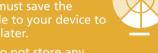


### **Dimensions** profile



produces a personalised profile using your answers.

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



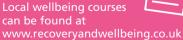
We do not store any Dimensions profiles.

## dimensions.covwarkpt.nhs.uk Give the tool some details. We cannot

use this information to identify you or the person being rated.

#### **Dimensions** self-care flyers





#### **Discuss your concerns** with a professional

If there are a lot of orange or red segments on the profile, please talk to a professional in health or education or to your support worker.

They can advise you of your next steps.

#### For urgent mental health support

Contact the Crisis Team on 111 or call 999.









