

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.



1
Visit the
Dimensions
website on
your device



 dimensions.covwarkpt.nhs.uk

Give the tool some details. We cannot use this information to identify you or the person being rated.



2
Rate the Dimensions

Read the Dimension description and chose the most appropriate level from 1-6 for the person being rated.



3
Dimensions profile

The Dimensions tool 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.

4
Dimensions
self-care flyers

The Dimensions profile has links to self-care flyers to help you find support.



Local wellbeing courses can be found at www.recoveryandwellbeing.co.uk

5
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.

