

# Dimensions of Health and Wellbeing

A free, accessible online tool providing a personalised profile and local information to support adults, children and young people in Coventry and Warwickshire.



Visit the  
Dimensions  
website on  
your device



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

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



1

Use the  
Dimensions tool

Read the Dimension description and choose the rating that is the best fit, based on experiences in the last two weeks.

The Dimensions tool will produce a personalised profile using your answers.



2

Dimensions profile

Your profile will show your strengths and areas where support may be of benefit.



You must save the profile to your device to be able to view it later.

3

Dimensions  
information flyers

The Dimensions profile has links to information flyers to help you find support.



Local wellbeing courses can be found at [www.recoveryandwellbeing.co.uk](http://www.recoveryandwellbeing.co.uk)

4

Further support

You may choose to share your profile with a professional in health or education or someone who supports you.

They can use the information flyers to help you to find support.



For urgent mental  
health support

Call 111 and select the Mental Health option, or call 999.

