



Using Dimensions of Health and Well-being

1 VISIT THE DIMENSIONS WEBSITE ON YOUR DEVICE



<https://dimensions.covwarkpt.nhs.uk>

You can choose to give the tool some details so that it only shows information for your own area. We cannot identify you from this. Please **DO NOT** use Dimensions in a crisis - call emergency services on 999 or 111.

2 RATE THE DIMENSIONS OF HEALTH AND WELL-BEING



Rate from 0, (unknown) to 6 (very significant problem) by choosing the best description. For a quick search, you can choose to rate the Dimensions you think are an issue and leave all the others rated as UNKNOWN (0).

3 DIMENSIONS ANALYSES YOUR RATINGS

Dimensions analyses the information and automatically matches the level of difficulty to the selfcare information. If you have given your location, it will show information for that area.



4 DIMENSIONS MAKES A REPORT AND PROVIDES INFORMATION IN FLYERS



The report and all the selfcare flyers can be saved on your computer. The selfcare flyers for Dimensions with the highest rating will be at the top of each list - we recommend reading these first. Remember to save the selfcare flyers if you want a look at them later.

5 DISCUSS YOUR CONCERNS WITH A PROFESSIONAL



There is a colour-coded chart which shows areas of greater difficulty in orange and red. Please talk to a professional in an education or health service if there are a lot of orange or red segments. If they are a registered Dimensions user, their version of Dimensions will show them information about services to support well-being in Coventry & Warwickshire.



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