

# Dimensions of Health and Wellbeing

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



**1**  
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.



**2**  
Rate the Dimensions

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



**3**  
Dimensions report

The Dimensions tool produces a report using your answers.

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

We do not store any Dimensions reports.



**4**  
Dimensions  
self-care flyers

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



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

**5**  
Discuss your concerns  
with a professional

If there are a lot of orange or red segments on the report, 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 Mental Health Access Hub on Freephone 08081 966798 or call 999.

