

**KNOW AN UNDER-17[^] WHO'S FEELING LOW, ALONE OR WORRIED?
DON'T WAIT. WE'RE HERE FOR YOU RIGHT NOW.**



24/7 SUPPORT

Find the right self-help video, link or information at cwrise.com. Here you'll find the Dimensions Tool which offers immediate tailored self-help support and signposting.



PARENT & CARER CONSULTATIONS

YOUNG PERSON LIVE IN WARWICKSHIRE?

Talk 1-to-1 to a mental health professional about your concerns. For an appointment contact us on risecommunityoffer@covwarkpt.nhs.uk or call **07917 504682**

YOUNG PERSON LIVE IN COVENTRY?

Join a consultation with the professionals in your child's life (e.g. education, health, social care). For more information call us on **02476 961476**



REFER INTO RISE SUPPORT

Ask a professional in the child/young person's life (e.g. GP, school-related, health-related or social care) to make a referral to Rise. We will navigate the diverse range of specialist advice and therapeutic support available from our NHS or partnered services. Professionals can contact the Rise Navigation Hub on: **0300 200 2021**.



24/7 URGENT CRISIS SUPPORT

We are now offering extended opening hours during the Covid-19 response. For under-18s experiencing a mental health crisis, contact the Rise Crisis Team, 24 hours a day, 7 days a week on **Freephone 08081 966798** (select option 2)
Note: overnight, this is an advice-only service.

[^] Some parts of Rise (such as the Crisis Team and Eating Disorders) work with under-18s)



Rise is a family of NHS-led services providing emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.

FIND OUT MORE:

