

## KNOW AN UNDER-17<sup>^</sup> 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](http://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](mailto: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.

<sup>^</sup> 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.

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