

No matter why or how you access Rise we want you to receive the right support at the right time.

A journey with Rise is as unique as the person seeking support. So the support each person receives may be different.

The ways Rise may support you are:



Direct support: group sessions for young people and their parents or carers



School-based resilience programmes: such as Boomerang, Big Umbrella and Mental Health in School Teams



Support the people who support you: working alongside social care, schools and other professionals



Community-based support for parents and carers through Rise Community Partnerships and Coventry Family Hubs



24-hour support through the Dimensions Tool and cwrise.com

Keep in touch at:



cwrise.com



@CWRIse



@CW_Rise



Introducing Rise

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

Rise aims to build resilience and empower children and young people (as well as the adults in their lives) to know where to go for help and advice.

It's made up of a number of different services, each led by mental health specialists.



An overview of Rise Services

A journey with **RISE**

is as unique as the person seeking support

Here is an example of one young person's journey.



Mum went to a Rise info session about emotional wellbeing that was taking place locally.



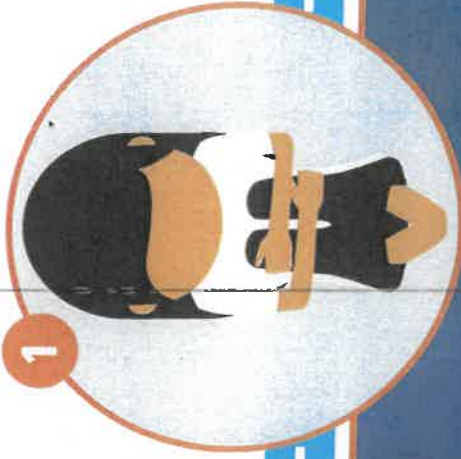
To help us understand what was going on for me, we answered questions on the Dimension Tool. We also found some useful videos and links at **cwrise.com**



Mum wanted more advice so booked me into a local Rise Consultation. They looked at my Dimensions report together. This gave my mum some more ideas and advice on how to support me. Together, they felt I might benefit from some additional help. I agreed, so the person from Rise referred me for an assessment.



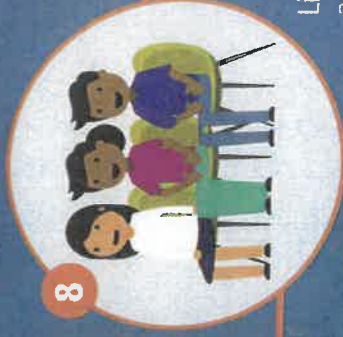
Before the assessment, the Rise Navigation team spoke to my mum and me to understand my difficulties and feelings.



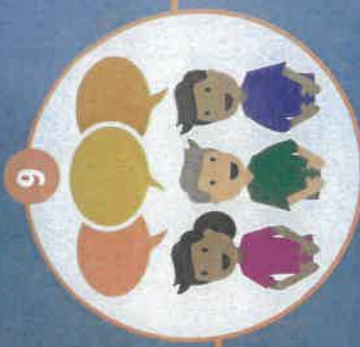
I noticed that I was starting to struggle. I felt sick with worry all the time.



I spoke to someone I trust. For me, this is my mum



Going to a group was scary at first but soon I felt better knowing that it's not just me who feels like this.



Listening to others' experiences and the advice from the Rise team really helped.



The Rise worker talked about the options available and felt that attending a group would help me to understand my feelings and give me ideas to make things better.



I know I can always use the things I learnt if I ever start to feel like that again. I still sometimes visit **cwrise.com** and use the Dimensions Tool, as I find them helpful. The most important thing is I know I don't have to figure things out on my own.