

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



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.



A journey with **RISE**

is as unique as the person seeking support

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



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.



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 bookd 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.



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.



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



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



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