



Dimensions of health and well-being

Find information to support your child

Dimensions website: <https://dimensions.covwarkpt.nhs.uk/>

Rise website: <https://cwrise.com/>

Go to the Dimensions website and rate a young person's difficulties to find our self-care flyers. The front page of the site has full details about how to use it and links to relevant documents.

Look at information on the following Dimensions.

| | | | | |
|--|-------------------------------------|---|--|----------------------|
| Worrying and anxiety | Mood & enjoyment | Eating | Managing impulses and urges – anger, tics, self-harm | Behaviour |
| Sensory responses | Motor skills & coordination | Attention & concentration | Relationship with parents/carers | Social communication |
| Connection with reality | Problem solving and managing stress | Gender identity | Using the toilet | Sleep |
| Response to adults and accepting support | Connection with the community | Difficult experiences – bullying, abuse, traumatic events | Hobbies & interests | Family situation |
| Offending behaviour | Health conditions | Exercise | Learning Difficulties (including dyslexia) | Friendships |
| Flexibility | Sexual & sexualised behaviour | Attending school college or training | | |

To hear about new additions to Dimensions, follow us on social media.

[Facebook: CWPTDimensions](#)

[Twitter CWPT_Dimensions](#)



Using **Dimensions** of Health and Well-being

NHS
Coventry and
Warwickshire Partnership
NHS Trust

1

VISIT THE DIMENSIONS WEBSITE ON YOUR DEVICE

<https://dimensions.covwarkpt.nhs.uk>



2



RATE UP TO 28 DIMENSIONS OF HEALTH AND WELL-BEING

Ratings are from 0 (unknown) to 6 (very significant problems). For a quick search, only rate the Dimensions you want - leave the others rated as UNKNOWN (0).

3

THE APP ANALYSES YOUR RATINGS

The app analyses the information and automatically matches the level of difficulty to selfcare information.



4



THE APP MAKES A REPORT AND GIVES YOU THE RELEVANT INFORMATION IN FLYERS

The report and all the selfcare flyers can be saved on your computer. Flyers for the highest rated Dimensions appear at the top of each list - read these first.

5

DISCUSS YOUR CONCERNS WITH A PROFESSIONAL

If there are a lot of orange or red ratings on the report's charts, please talk to a professional in an education or health service. If they are a registered user, their version of Dimensions will give the information will give them information about services for well-being in Coventry & Warwickshire.



Join the community...
Email to tell us about local interventions: child.dimensions@covwarkpt.nhs.uk
Follow us on Facebook [CWPTDimensions](#) and
Twitter [CWPT_Dimensions](#)
(Version: Jan 2018)



Professionals using **Dimensions** of Health and Well-being

REQUEST ADMINISTRATOR STATUS

1



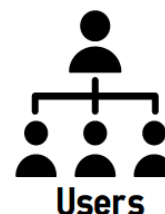
Someone must be the registered administrator for your service/school. Email and ask for a Dimensions username: `child.dimensions@covwarkpt.nhs.uk` You will get a Dimensions email asking you to set your own password then you will be able to use Dimensions immediately.

2

ROLE OF AN ADMINISTRATOR

Professional Dimensions users will need to log in to see assessment and intervention flyers and selfcare flyers. The administrator will add their colleagues to the portal for their service /practice/ or team.

Administrator



3



A REPORT APPEARS AFTER THE RATING

It includes charts and the selected rating and links to flyers for assessments, interventions and self-care advice. Click the links to view these. Save the report and flyers.

4

Self-care flyers include helplines, videos, apps, websites & books. Assessment and intervention flyers for NHS services explain what to expect, including objectives, time commitment, and number of sessions.



REFERRALS

5

If an assessment or intervention in the NHS is suggested in the report, please make a referral using the usual forms on the RISE website. Attach the Dimensions report so we can make a clinical decision about the referral. Flyers for other interventions and local support groups will be added as we become aware of them. For referrals outside the NHS, follow instructions on the flyers.

DIMENSIONS WEBSITE ADDRESS
<https://dimensions.covwarkpt.nhs.uk>

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