

# MindStance



## Why did we take action?



Substance misuse is a risk factor for suicide



To join up working between services

Increase understanding of addiction & impact on mental health

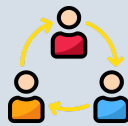


Increase coping skills to improve well-being

## What did we do?



6 week course



Multi-disciplinary team trained



Education



Peer support



Therapeutic conversation

2018/  
2019

## What has the impact been?



Increase in well-being scores



Improved insight



Improved access to support & information



Embed course in existing partnership

Coventry & Warwickshire STP