**Mental Health Awareness Week 9-15 May 2022**

**QUICK REFERENCE GUIDE FOR GETTING HELP**

**Adults**

**Guides to Mental Health Services** [**https://www.msehealthandcarepartnership.co.uk/mental-wellbeing-support/guides-to-essex-mental-health-services/**](https://www.msehealthandcarepartnership.co.uk/mental-wellbeing-support/guides-to-essex-mental-health-services/)

**Here you can download guides for each area:**

[**Basildon and Brentwood**](https://www.msehealthandcarepartnership.co.uk/wp-content/uploads/2021/02/Adult-Public-mental-health-poster-BB.pdf)

[**Castle Point and Rochford**](https://www.msehealthandcarepartnership.co.uk/wp-content/uploads/2021/05/Adult-Public-mental-health-poster-CPR-May-2021.pdf)

[**Mid Essex**](https://www.msehealthandcarepartnership.co.uk/wp-content/uploads/2021/05/Adult-Public-mental-health-poster-Mid-May-2021.pdf)

[**Southend**](https://www.msehealthandcarepartnership.co.uk/wp-content/uploads/2021/05/Adult-Public-mental-health-poster-Southend-May-2021.pdf)

[**Thurrock**](https://www.msehealthandcarepartnership.co.uk/wp-content/uploads/2021/02/Guide-to-adult-mental-health-services.pdf)

**Core Links**

[**https://www.essex.gov.uk/mental-health/get-help-and-support**](https://www.essex.gov.uk/mental-health/get-help-and-support)

**You can also**[**get mental health support through The Essex Wellbeing Service**](https://www.essexwellbeingservice.co.uk/lifestyle/mental-health)**. You can self-refer on the website or call 0300 303 9988.**

**Support for armed forces and veterans  
Find**[**information and support for armed forces and veterans**](https://www.essex.gov.uk/essex-armed-forces-community-covenant)**.**

**Find out what**[**information and support is available for carers in Essex**](https://www.essex.gov.uk/topic/support-for-carers)**.**

**The following organisations provide support with a variety of mental health conditions:**

* [**Essex Outreach Support**](https://www.peabodycareandsupport.org.uk/essex-outreach-support/)**offers a short-term support service to people who are experiencing a range of problems that are impacting their health, financial and housing wellbeing**
* [**Futures in Mind**](http://www.futuresinmind.org.uk/about-us/)**helps people suffering from substance or alcohol misuse and mental ill health**
* [**HeadsUp**](https://enableeast.org.uk/headsup/)**helps people with mental health problems to get back into the workplace**
* [**Healthwatch Essex**](https://healthwatchessex.org.uk/speak-to-our-team/)**offers information, advice and guidance on accessing health and wellbeing services in Essex**
* [**Mind - The Mental Health Charity**](https://www.mind.org.uk/information-support/local-minds/)**has local branches across Essex**
* [**Rethink Mental Illness**](https://www.rethink.org/help-in-your-area/services/)**offers several support groups in Essex**
* [**NAPAC (the National Association for People Abused in Childhood)**](https://www.napac.org.uk/)**offers support to adult survivors of all types of childhood abuse**
* [**NHS Every Mind Matters**](https://www.nhs.uk/every-mind-matters/)**has advice and tips to help you look after your mental health**
* [**NHS Mental Health**](https://www.nhs.uk/conditions/stress-anxiety-depression/)**offers information and support to help with stress, anxiety, depression**
* [**NHS Get help from a mental health charity**](https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/)**provide a list of mental health charities**
* [**Samaritans**](https://www.samaritans.org/how-we-can-help/contact-samaritan/)**offer support to anyone in emotional distress, struggling to cope, or at risk of suicide**

**Adult education learning provider, ACL Essex, have a range of**[**Mental Health and Wellbeing courses**](https://aclessex.com/mental-wellbeing/)**.**

**Active Essex: Mental health and wellbeing** [**https://www.activeessex.org/health-wellbeing/mental-health-and-wellbeing/**](https://www.activeessex.org/health-wellbeing/mental-health-and-wellbeing/)

[**https://www.activeessex.org/find-your-active/**](https://www.activeessex.org/find-your-active/)

**Online Find Your Active Weekly timetable** [**https://www.activeessex.org/find-your-active-timetable/**](https://www.activeessex.org/find-your-active-timetable/)

**Parkrun are weekly free weekend community events (5k for adults, 2k for children) in parks and open spaces all around the world including venues across Essex** [**https://www.parkrun.org.uk/**](https://www.parkrun.org.uk/)

**Essex Shed Network for men** [**https://essexshednetwork.co.uk/about**](https://essexshednetwork.co.uk/about)

**ANDYSMANCLUB is a men’s mental health charity with locations in Southend, Chelmsford and more coming soon. See** [**https://andysmanclub.co.uk/**](https://andysmanclub.co.uk/)

**Hub of Hope is a resource for those needing someone to talk to. Plug in your postcode and it locates services nearby** [**https://hubofhope.co.uk/**](https://hubofhope.co.uk/)

**Volunteering can boost your mental health. Find out about volunteer opportunities at Volunteer Essex** [**https://www.volunteeressex.org/**](https://www.volunteeressex.org/)

**Bereavement**

[**https://www.essex.gov.uk/what-to-do-when-someone-dies/getting-support-when-someone-dies**](https://www.essex.gov.uk/what-to-do-when-someone-dies/getting-support-when-someone-dies)

[**https://southendccg.nhs.uk/your-health-services/bereavement-support**](https://southendccg.nhs.uk/your-health-services/bereavement-support)

[**https://www.thurrock.gov.uk/coronavirus-covid-19/bereavement-support**](https://www.thurrock.gov.uk/coronavirus-covid-19/bereavement-support)