




Essex County Council
Adult Social Care

- 
- **Anxiety**
 - **Low mood**
 - **Stress**
 - **Depression**

**The Adult
Mental Health and
Wellbeing team
are here for you.**

We provide short term support
for people with mental health
and emotional issues.

Adult Mental Health and Wellbeing Team

The Adult Mental Health and Wellbeing Team provide short term support for people with mental health and emotional issues such as:

- **Anxiety**
- **Low mood**
- **Stress**
- **Depression**

We can work with you to help you improve your wellbeing and quality of life.

Services we provide include:

- **One-to-one support**
- **Self-help advice and guidance**
- **Helping you find other support for issues affecting your wellbeing such as debt or a physical health problem**
- **Employment Specialist**
- **Helping you access social groups in your area**
- **Support for Carers**
- **Men's Group for those who would like to gain a better understanding of their mental health**

How can I get support from the Adult Mental Health and Wellbeing Team?

You will need to be aged 18 to 65 and live in Essex. We can work with you if you have mental health or emotional issues which are affecting your wellbeing, or you care for someone who does.



What happens next?

One of our friendly team will contact you to find out more about your situation and to make sure we can offer you the right support.

We will call or email between
10 am – 4 pm Monday – Friday

If you need help urgently

We are not a crisis or emergency service. If you need urgent medical attention visit your local A & E or book an emergency GP appointment.

The following numbers are available
24 hours a day, 365 days a year:

- **NHS** 111 if you have a medical problem and you're not sure what to do.
- If you feel you are in crisis, experiencing feelings of despair or are suicidal, call the **Samaritans** on 116 123
- **Frank** provides information and advice about drugs. Call 0300 123 6600
- **ChildLine** offers a counselling service for children and young people. You can also call the helpline if you are an adult worried about a child. Call 0800 1111

Contact us

either by calling:

03330 322958

(10 am – 4 pm Monday – Friday)

or email us at:

MH.wellbeingteam@essex.gov.uk

or ask someone to contact us on your behalf.

Please note

We cannot work with you if you are receiving a service from Essex Partnership University NHS Foundation Trust (EPUT).

This information is issued by:
Essex County Council
Adult Social Care

Contact us:

MH.wellbeingteam@essex.gov.uk
0333 032 2958

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Market Road
Chelmsford, Essex, CM1 1QH



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The information contained in this document
can be translated, and/or made available
in alternative formats, on request.

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