

# Are you an adult looking after someone in Essex?

Your guide to support for unpaid carers from 1 April 2024



## Essex Wellbeing Service (EWS)

This countywide service provides the opportunity for you to discuss your caring role and receive information, advice and guidance related to your own wellbeing. We work closely with Action for Family Carers and Carers First and will ensure you receive specialist support from them if needed. You may also be eligible for a carers assessment by Essex County Council to assess what additional support, if any, could help you in your caring role.

### Contact details:

Phone: 0300 303 9988 Email: [provide.essexwellbeing@nhs.net](mailto:provide.essexwellbeing@nhs.net)  
[www.essexwellbeing.co.uk](http://www.essexwellbeing.co.uk)



## Action for Family Carers

We offer local support for unpaid carers in North East and West Essex, including specialist information, advice and guidance. You can also access help to find practical solutions to address specific challenges, services for your emotional wellbeing, and be connected with other local people in similar situations to you for mutual support.

[www.affc.org.uk](http://www.affc.org.uk) Working in partnership with Essex Carers Support.



## Carers First

We offer local support for unpaid carers in Mid and South Essex, including specialist information, advice and guidance. You can also access help to find practical solutions to address specific challenges, services for your emotional wellbeing, and be connected with other local people in similar situations to you for mutual support.

[www.carersfirst.org.uk/essex/welcome](http://www.carersfirst.org.uk/essex/welcome)