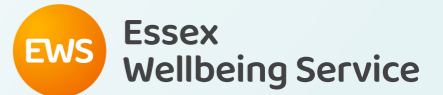


Are you looking after someone in Essex?

Your guide to support for unpaid carers from 1 April 2024



Essex Wellbeing Service (EWS)



EWS is the central point of contact for carers in Essex. This countywide service provides the opportunity for people to discuss their caring role and receive information, advice and guidance related to their wellbeing. Further support from specialist services is then available where appropriate.

Contact details:

Phone: 0300 303 9988 Email: provide.essexwellbeing@nhs.net
www.essexwellbeing.co.uk



Action for Family Carers

Offering local support for carers in North East and West Essex, including specialised information, advice and guidance. We also offer support for your wellbeing, peer support and practical solutions to address specific challenges.

Working in partnership with Essex Carers Support.

www.affc.org.uk



Carers First

Carers First

Offering local support for carers in Mid and South Essex, including specialised information, advice and guidance. We also offer support for your wellbeing, peer support and practical solutions to address specific challenges.

www.carersfirst.org.uk/essex/welcome