WHO CAN I TURN TO?

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The Braintree Community Tree
may have the answer!

For additional services & information visit: www.essexcommunitytree.net

Crossroads Braintree & Chelmsford
Tel: 01376 529 985
braintreexroads@btconnect.com

ECHO (Essex Counselling at Home Organisation)
Tel: 07935 261 223

Essex Rural Skills Project
Tel: 07919 536 610
info@essexrsp.org.uk

First Stop Centre
Tel: 01376 346 535
firststopcentre@btconnect.com

Futures in Mind
Tel: 01376 316 126
enquiries@futuresinmind.org.uk

Home-Start Essex
Tel: 01245 847 410
info@home-startessex.org.uk

Kids Inspire
Tel: 01245 348 707
admin@kidsinspire.org.uk

Mid and North East Essex Mind
Tel: 01206 764 600
enquiries@mnessexmind.org

Open Road
Tel: 01245 284 772
info@openroad.org.uk

Peabody
Tel: 0800 288 8883
esico-ordinator@peabody.org.uk

Rethink Advocacy
Tel: 0300 790 0559
essexadvocacy@rethink.org

Rethink Art and Social Group
Tel: 07494 467 698
trinawh@btinternet.com

Salvation Army
Tel: 01376 346 487
braintree@salvationarmy.org.uk

Samaritans
CALL FREE 116 123
jo@samaritans.org

Sport for Confidence
Tel: 01245 348 487
braintree@sportforconfidence.com
www.sportforconfidence.com

Support and endorsed by Essex County Council.
The Community Tree Can Help

- Training and Development
- Supported Work Experience
- Support for Parents
- Spirituality
- Support for Volunteers
- Listening, Talking or Counselling
- Victim Support
- Benefits and Debt Advice
- Treatment for Addictions
- Fitness and Exercise
- Empowerment through Advocacy
- Nutritional Help

Further general well-being support

- Livewell Link Well
- Connect Well Essex
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Index to Services

1. Training and Development
2. Supported Work Experience
3. Support for Parents
4. Spirituality
5. Support for Volunteers
6. Listening, Talking or Counselling
7. Victim Support
8. Benefits and Debt Advice
9. Treatment for Addictions
10. Fitness and Exercise
11. Empowerment through Advocacy
12. Nutritional Help

NHS Services
- Health in Mind - NHS Talking Therapies
  Tel: 01376 308 704  Email: midessex.iapt@nhs.net
- Patient Advice and Liaison (PALS)
  Tel: 0800 085 7935  Email: epunft.pals@nhs.net

Contact your GP if:
- You’ve been experiencing a low mood and/or had feelings of depression for a few weeks.
- Feelings of anxiety are negatively affecting your daily life and routine.

If you are experiencing a life threatening mental health emergency call 999 or visit your nearest A&E immediately.
Alternatively call 111 for assistance if you require care urgently but it is NOT life threatening.

Community Services

- Adult Community Learning
  Tel: 0345 603 7635  Email: Juliet.Gill@essex.gov.uk
- Braintree Mencap
  Tel: 01376 326 302  www.braintreemencap.org.uk
- CARA
  Tel: 01206 769 795  www.caraessex.org.uk
- Citizens Advice
  Tel: 0344 499 719  www.bhwcab.org.uk
- Community 360
  Tel: 01376 550 507  information@community360.org.uk

DEPRESSION • ANXIETY • ADDICTION • UNEMPLOYMENT • DISABILITY
CRISIS • BEREAVEMENT • DEBT • BULLYING • ABUSE • RELATIONSHIPS

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