Are you in need of Mental Health Support?

WHO CAN I TURN TO?

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The Maldon Community Tree may have the answer!

Supported and endorsed by Essex County Council.

For additional services & information visit: www.essexcommunitytree.net
The Community Tree Can Help

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

Further general well-being support

Livewell Campaign
livewell@braintree.gov.uk
www.livewellcampaign.co.uk

Live Well Link Well
Tel: 0300 303 9988
livewell.linkwell@nhs.net

Connect Well Essex
Tel: 01245 351 888
connect@chelmsfordcvs.org.uk

An initiative designed and delivered by people with lived experience of mental health illnesses
Email: info@essexcommunitytree.net

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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

Abberton Rural Training
Tel: 01787 228 269
info@abbertonruraltraining.org

Adult Community Learning
Tel: 0345 603 7635
Juliet.Gill@essex.gov.uk

Circle (Adult Bereavement Services)
Tel: 01245 457 308
circle@farleighhospice.org

Citizens Advice Maldon and District
Tel: 01621 875 774
www.citizensadvice.org.uk/maldon-district

Community Agents
Tel: 0800 977 5858
enquiries@caessex.org.uk