Essex County Council
Adult Social Care

The Early Help and Wellbeing Team



Providing preventative interventions to people wanting help with their mental health and/or wellbeing.

Who we support

People aged 18 to 65 who live in Essex (excluding Southend and Thurrock) in need of support in one or more of the following, with or without a diagnosis:

- mild learning disability
- autism, ADHD and other neurodivergent conditions
- emotional wellbeing, such as low mood, anxiety, stress, depression
- carers for people with these needs

Who we are

We are a countywide service consisting of Social Workers, Occupational Therapists, Community Support Workers, Apprentices and an Employment Specialist.

We are community-based. We will either visit you at your home address or a community space of your choosing.

We are person-centred. Working to understand what is important for the person and providing support which enables people to achieve personal ambitions, goals and aspirations.

We are community-led. Connecting people to opportunities and other people in their own communities.

We aim to be trauma-informed, using approaches which promote emotional and psychological safety and trust that supports people to achieve their wellbeing goals.



We provide early intervention, preventative support around the following areas:

- advice, information and guidance, redirecting to community support where appropriate
- keeping safe
- emotional wellbeing
- social and spiritual needs
- finances
- physical health
- work, education and training
- relationships
- feeling a part of the community
- improving motivation
- building confidence

We can also offer longer term support to people where we identify eligible care and support needs arising from mental wellbeing in line with The Care Act 2014.

How we do this:

- by helping people to understand their behaviours/emotions and introducing self-help and guidance
- by helping people to find other support for issues affecting your wellbeing, such as debt or physical health issues
- supporting people to access social groups in their local area
- support for carers to access resources and emotional support
- providing a Men's group across the county for those who would like to gain a better understanding of their mental and emotional wellbeing (We aim to expand our group offer in future to support women living with the impact of trauma and welcome ideas for further group themes)
- obtaining feedback from people we support in how we can develop and improve our service

If you need urgent help

We are not a crisis or emergency service. If you need urgent support, book an emergency appointment with your GP (or Mental Health professional at your surgery).



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

NHS 111 (option 2)

The Samaritans 116 123 – to speak to a trained listener

Frank for information and advice about drugs – **0300 123 6600**

ChildLine offers a counselling service for children and young people. You can also call the helpline if you are worried about a child – **0800 1111**

NHS 999 for emergency mental health intervention



Contact us

Refer yourself or someone you support by:

Telephone: **0333 032 2958**
(Monday to Friday, 10am to 4pm)

Email:
earlyhelp.wellbeingteam@essex.gov.uk

or drop in and visit us at one of our **community offers** which are updated regularly on our Google Maps list.

Please find our online referral form **here**

If you're unsure whether our support is right for you, please contact us to discuss.

Essex County Council

This information is issued by:
Adult Social Care

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earlyhelp.wellbeingteam@essex.gov.uk
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www.essex.gov.uk

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