

How to get in touch and refer

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EWMHS offers advice and support for stress, low mood and depression, anxiety, self-harm or difficult to manage behaviours as well as support for previously diagnosed neurodevelopmental difficulties such as ADHD or ASD.

If you would like to speak to someone for more information about the services we offer and to find out about what support might be available for you please call our Single Point of Access team on 0300 300 1600 9am-5pm, Monday – Friday to be put through to the three CSPAs and seven Locality teams across Southend, Essex and Thurrock. You can also contact us via email at EWMHS@nelft.nhs.uk.

Where are we?

We have offices and clinics across much of Southend, Essex and Thurrock and will be as flexible as possible in where we offer to see you. Get in touch and we can talk this through.

Please click on this link

<https://www.nelft.nhs.uk/ewmhs-get-in-touch>