

WHAT TO DO IF YOU NEED HELP WHILE YOU'RE AT HOME

FIRST OF ALL, REACH OUT TO
FRIENDS, FAMILY OR NEIGHBOURS
FOR HELP.

IF THAT'S NOT POSSIBLE,
TRY TO GET IN TOUCH
WITH VOLUNTEERS OR
SUPPORT GROUPS IN
YOUR LOCAL AREA.

IF THAT'S NOT POSSIBLE,
CONTACT THE NEW
ESSEX WELFARE SERVICE AT
ESSEXWELFARESERVICE.ORG
OR ON 0300 303 9988.

THEY ARE OPEN MON-FRI
0800-1900, SAT-SUN 1000-1400.

ESSEX
CORONAVIRUS
ACTION



PREVENT INFORM ASSIST