

Organisation	Service	Description of service	Direct link to self referral pathway	
Essex Partnership University NHS Trust (EPUT)	landing page		https://eput.nhs.uk/our-services/	
Essex Partnership University NHS Trust (EPUT)	Podiatry Service	WE podiatry service includes community podiatry MSK podiatry and diabetes multidisciplinary foot team (MDFT) at PAH hospital.	https://eput.nhs.uk/our-services/podiatry-service-west-essex/	
Essex Partnership University NHS Trust (EPUT)	Care Co-ordination Centre	Self referral to Falls Car Service by calling the Care Co-ordination Centre. Strength and Balance Classes - West Essex	https://eput.nhs.uk/our-services/community-coordination-centre/	0300 123 5433
Essex Partnership University NHS Trust (EPUT)	MSK-musculoskeletal physiotherapy service	They offer a physio assessment, advice, treatment and education for self management and supervised exercises. Services are open to residents in West Essex and East and North Herts. Residents who have a GP in these areas and aged over 18 can self refer.	https://eput.nhs.uk/our-services/musculoskeletal-physiotherapy-msk-epping/	
Essex Partnership University NHS Trust (EPUT)			https://eput.nhs.uk/our-services/musculoskeletal-physiotherapy-msk-loughton/	

Essex Partnership University NHS Trust (EPUT)			https://eput.nhs.uk/our-services/musculoskeletal-physiotherapy-msk-harlow/	
Essex Partnership University NHS Trust (EPUT)			https://eput.nhs.uk/our-services/musculoskeletal-physiotherapy-msk-herts-and-essex-community-hospital/	
Essex Partnership University NHS Trust (EPUT)			https://eput.nhs.uk/our-services/musculoskeletal-physiotherapy-msk-saffron-walden-community-hospital/	
Essex Partnership University NHS Trust (EPUT)	Health outreach service	Supports for individuals experiencing homelessness, Gypsies and travellers, asylum seekers, migrant workers and ex offenders. Members of the public can self refer to service by emailing them or calling them. Multi-disciplinary team made up of general and mental health nurses, social workers, outreach practitioners, support staff, a qualified psychological	https://eput.nhs.uk/our-services/health-outreach-service/	Telephone: 01473 341763 or email suffolk.smash@nhs.net

Essex Partnership University NHS Trust (EPUT)	Urgent community response team	Urgent community response team helps patients stay at home when they are feeling unwell rather than going to hospital. Patients will be visited at home.	https://eput.nhs.uk/our-services/urgent-community-response-team/	Telephone 0344 257 3951
Essex Partnership University NHS Trust (EPUT)	FEP First episode in psychosis service	Specialist care for people aged 14-65 who are experiencing psychosis for the first time.	https://eput.nhs.uk/our-services/first-episode-in-psychosis-fep-north-west-essex/	
Essex Partnership University NHS Trust (EPUT)	Mental health crisis support	Mentions you can also access the service calling 111 select option for mental health only over 18's	https://eput.nhs.uk/contact/in-crisis/	
North East London NHS Foundation Trust (NELFT) offers Southend, Essex and Thurrock child and adolescent mental health service (SET CAMHS).	Mental health - support for adolescents and children.	Provides advice and support for children and young people and families who are needing support with emotional wellbeing or mental health living in West Essex	https://www.nelft.nhs.uk/set-camhs/	
HCRG Essex child and family wellbeing service	Emotional wellbeing and lifestyle support for families in Essex	The Family Hub team support behaviour, child development, sleep, connecting, transition, emotional wellbeing and lifestyle.	https://essexfamilywellbeing.co.uk/services/family-support/	

Vita Health Group	Mental health support	Support for West Essex residents experiencing excessive worry, low mood, depression, anxiety. Self refer by calling, completing online form or digital assistant. You can also visit a drop in service.	https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/west-essex/	
Essex wellbeing services (EWS)	Landing home page		https://www.essexwellbeing.service.co.uk	
Essex wellbeing services (EWS)	Mental health and emotional wellbeing support	Emotional, psychological and social wellbeing support.	https://www.essexwellbeing.service.co.uk/services/mental-health	
Essex wellbeing services (EWS)	Stop smoking	Free service for anyone in Essex offering advice support and nicotine replacement therapy in various locations.	https://www.essexwellbeing.service.co.uk/services/stop-smoking	
Essex wellbeing services (EWS)	NHS 40-74 Health Check	WE Residents can self refer to have a HC they just must not have had one done in the last 5 years.	https://www.essexwellbeing.service.co.uk/services/health-checks	
Essex wellbeing services (EWS)	Weight management	Positive motivational, educational solutions to help you loose weight.	https://www.essexwellbeing.service.co.uk/services/weight-management	
Essex wellbeing services (EWS)	Support for carers	Advice, information guidance on support available for you as a carer.	https://www.essexwellbeing.service.co.uk/services/carers	

Essex wellbeing services (EWS)	Physical activity	Support you to find ways to be more active and may refer you to a local leisure centre for activity groups.	https://www.essexwellbeing.service.co.uk/services/physical-activity	
Essex wellbeing services (EWS)	Alcohol reduction service	Support to help you minimise your alcohol consumption.	https://www.essexwellbeing.service.co.uk/services/alcohol-reduction	
Essex wellbeing services (EWS)	Child Lifestyle Service	Face to face support for all school aged children in Essex and their families. Advice on cooking, nutrition, physical activity including mindfulness and relaxation.	https://www.essexwellbeing.service.co.uk/services/child-lifestyle-service	
Essex wellbeing services (EWS)	Social Isolation support	Help for residents who are lonely a review of health and wellbeing needs support from wellbeing coaches, befriending coordinator or a community agent.	https://www.essexwellbeing.service.co.uk/services/social-isolation	
Essex wellbeing services (EWS)	Online assessment	Holistic assessment redirects you to appropriate service. This can also be done for you by calling 0300 303 9988	https://www.essexwellbeing.service.co.uk/begin-your-journey	
Essex Sexual Health Service	Contraception, STI testing and sexual wellbeing and advice.	Free confidential, non judgemental sexual health services for everyone in Essex. Includes vasectomies.	https://essexsexualhealth.service.org.uk/	

Essex Sexual Health Service	Vasectomy service	Free self referral vasectomy service	https://essexsexualhealthservice.org.uk/vasectomy/	
MSI Reproductive Choices	Essex Contraceptive clinic	Offers long acting and reversible contraceptive services WE.	https://www.msichoice.org.uk/contraception/contraception-clinics/essex-contraception-clinic/	
Provide Wellbeing	HWEICB community vasectomy service	Free self referral vasectomy service	https://providewellbeing.co.uk/services/no-scalpel-vasectomy/	
Primary Eyecare	(MECS) Minor eye conditions service	NHS service available for all. Search directory to find nearest optical practice.	https://primaryeyecare.co.uk/services/minor-eye-conditions-service/	
Frontline	Directory of voluntary sector services	Helps direct local people to community health and wellbeing services through call back and referral options.	www.essexfrontline.org.uk	
Sport for Confidence	Service supports individuals with therapeutic interventions related to physical, mental and emotional health.	Occupational Therapists provide practical support to empower people to facilitate recovery and overcome barriers preventing them from doing the meaningful activities that matter to them.	https://www.sportforconfidence.com/referral/	
The Princess Alexandra Hospital NHS Trust (PAHT)	Maternity Services	Provide care at PAH and St Margaret's Hospital Epping and in the community.	www.pah.nhs.uk/maternity-services/	
Essex Safeguarding Adult Board (ESAB)	Adults Safeguarding		https://www.essexsab.org.uk/	

HCRG Care Group	Safeguarding Team	Safeguarding and supporting adults, children and young people.	https://essexfamilywellbeing.co.uk/safeguarding/	
Places Leisure	Gold standard exercise referral (under referrer add other)	Exercise referral for people with underlying health condition who would benefit from physical activity. 12 week personalised programme to	https://secure.referrals.all.net/referrals/PlacesLeisure/refer	EFN and LBC leisure centres