**Services for Self – Referral**

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|  **Service** |  **Contact Details** |  **Comments** |
| **MSK****Musculoskeletal Physiotherapy** | **01268 904102** | **You can refer for any MSK problems involving bones, muscles, nerves, or joints.** |
| **Essex Wellbeing Services** | **0300 303 9988 8am – 7pm**[**www.essexwellbeingservice.co.uk**](http://www.essexwellbeingservice.co.uk) |  |
| **Maternity Direct** | [**www.connect.btuh.nhs.uk**](http://www.connect.btuh.nhs.uk) |  |
| **Carers UK** | Action for Family Carers [www.affc.org.uk](http://www.affc.org.uk) 0300 7 70 80 90mailto:info@affc.org.uk[**www.carersuk.org**](http://www.carersuk.org) |  |
| **Citizen Advice Bureau** | [**www.citizensadvicesouthessex.org**](http://www.citizensadvicesouthessex.org) |  |
| **Alzheimer’s Society****Chelmsford** | **01245 260911** |  |
| **Essex Sexual Health** | [**www.essexsexualhealthservice.org.uk/self-test/**](http://www.essexsexualhealthservice.org.uk/self-test/)**0300 003 1212** | **FREE Home testing kits** |
| **Age UK** | **0800 678 1602** [**www.ageuk.org.uk**](http://www.ageuk.org.uk) |  |
| **Vita-Minds** | **Counselling Service****01268 977171** |  |
| **FIRST****Mental Health for Older patients** | **MH service for older patients****01268 498420 8am – 8pm 7 days a week****Crisis Response Service 111 option 2** |  |
| **NHS 111 – Mental Health** | **111 Option 2** |  |
| **CRUSE Bereavement Support** | [**www.cruse.org.uk**](http://www.cruse.org.uk) | **0808 808 1677****Local Support - 084502669710** |
| **Revenue and Benefits** | [**www.basildon.gov.uk/communityengaagement**](http://www.basildon.gov.uk/communityengaagement) |  |
| **Silverline Helpline** | **0800 470 8090** |  |
| **Samaritans** | **116 123****Texting Service 07725 909090**[**www.samaritans.org**](http://www.samaritans.org) |  |
| **Supporting patients post hospital discharge** | **01268 294 124****admin@bbwcvs.org.uk** |  |
| **Healthwatch Essex**  | [**www.healthwatchessex.org.uk**](http://www.healthwatchessex.org.uk)**Call 0300 500 1895, text 07712395398 or between 10am and 2pm on Monday, Wednesday and Friday** |  |