



## Share your vaccine news



#COVID19Vaccine

**NHS**

**999**

**Emergency**



**Urgent**

**NHS**

**www.nhs.uk**

**Information**



**Essex**

**County Council**

**0345 743 0430**



**Samaritans**

**116 123**

**SAMARITANS**



**National Domestic Abuse**

**Helpline 0808 2000 247**



**National Citizens Advice**

**Helpline 0800 144 8848**

**citizens  
advice**

**NHS**

**www.sneevaccine.org.uk**



**HANDS**



**FACE**



**SPACE**



**email**

*info@healthwatchessex.org.uk*



**live chat**

*On the website*

**Talk  
to us...**



**call us**

*0300 500 1895*



**online**

*Website and  
social medias*

**We can help with your health,  
wellbeing and care enquiries**



**Whatsapp**

*07712 395398*



**text**

*07712 395398*

**Find out more on: [www.healthwatchessex.org.uk](http://www.healthwatchessex.org.uk)**

**Helpline 0300 303 9988**



Essex  
Wellbeing Service

**[www.nhs.uk/conditions/  
coronavirus-covid-19/](http://www.nhs.uk/conditions/coronavirus-covid-19/)**



**HANDS**



**FACE**



**SPACE**