

Does your family need some extra support right now?

Are you finding it hard to parent effectively, experiencing difficult family relationships, dealing with challenging behaviour or maybe family members are feeling stressed or isolated?

The Essex Family Support Service is here to offer early help, for families with children and young people aged 8 to 19 to help you build a happier life together.

We will listen to you and take the time to work together to find solutions, which could include matching you with one of our Family Mentors, who can help with friendly support for up to 10 weeks.

You can watch a short video explaining the service at:
www.community360.org.uk/efss

WE CAN HELP WITH:

- Information about the right support or services local to you
- A listening ear to talk through possible solutions to the challenges you face
- A referral to professional services, such as counselling or parenting courses
- Getting more help around your child's special educational needs
- Support for a young person who helps care for someone else or is affected by this
- Finding local groups, activities and organisations to build social or support networks



CONTACT DETAILS

If you want to speak to someone to see if we can help, please call **01206 505250** or email us at families@community360.org.uk and we will get back to you promptly. Or a health professional or other person can make a referral on your behalf.