

Healthwatch Essex

Healthwatch Essex is a charity which helps people get the best out of their health and care services. We are concerned with how many people are isolated and not accessing the information which could help them, and one of the ways we are combating this is through our information service.

It is a phone line which is open five days a week, and only costs the same as a local call. It is for anyone, of any age, with health or social care queries in Essex.

So if you've recently moved and are struggling to find a GP, or you're unhappy with treatment you have received and are considering making a complaint, the information service can guide you through the process.

Likewise, if you are caring for a relative and struggling to stay afloat, our friendly, impartial and professional team will direct you to the right place.

The number is **0300 500 1895**. Lines are open Monday to Friday 9am to 5pm or you can visit our website: healthwatchessex.org.uk/info, or email us at info@healthwatchessex.org.uk