

# Emotional Wellbeing and Mental Health Service (EWMHS)

(Southend, Essex & Thurrock)

## Our new Instagram

This account is designed to help support young people with their mental health and wellbeing.

Through creating content alongside young people in our service, we aim to raise awareness of a wide range of wellbeing challenges and empower young people to take more control of their own mental health.



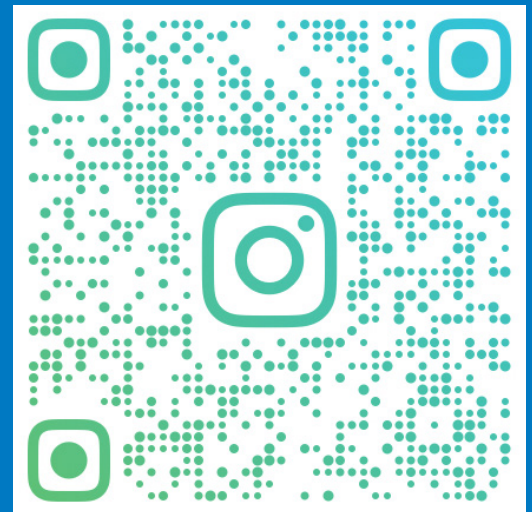
NHS Foundation Trust

## What is EWMHS?

The Emotional Wellbeing and Mental Health Service (EWMHS) provides advice and support to children, young people and families who are in need of support with their emotional wellbeing or mental health difficulties.

[www.nelft.nhs.uk/services-ewmhs](http://www.nelft.nhs.uk/services-ewmhs)

[EWMHS\\_NHS](https://www.instagram.com/EWMHS_NHS)



## How to contact us

Mon-Fri, 9am-5pm: call 0300 300 1600

Email: [nelft-ewmhs.referrals@nhs.net](mailto:nelft-ewmhs.referrals@nhs.net)

Urgent or out of hours: call 0300 555 1200

[www.nelft.nhs.uk](http://www.nelft.nhs.uk)

