

ARE YOU CONCERNED ABOUT THE IMPACT OF COVID-19 ON YOU OR YOUR FAMILY?

These organisations can support you

Citizen's Advice Harlow

free impartial advice

01279 770189

Safer Places

domestic abuse support

03301 025811

Healthy Minds

talking therapies & self help

0300 222 5943

Job Centre Plus

job search, benefits and support

0800 055 6688

Harlow Council

council tax, housing benefits & general housing advice

01279 446655

The Essex Wellbeing Service

practical, emotional & specialist support

0300 303 9988

Harlow Community Hub

Covid-19 general advice on food shopping & prescriptions

01279 927005