

Essex Befriends Connecting People



Reducing loneliness and isolation by connecting people in Essex

Loneliness can affect us all; you can be in a crowded room and feel completely alone.

Essex Befriends offers free adult befriending services to Carers, older people and those with mental ill health or a learning disability.

 **Action for
Family Carers**
Supporting Carers across Essex

 **Mind in West Essex**
for better mental health



advice and support for older age
**Independent
Age**



Hamelin Trust
Supporting individuals with disabilities and their carers

Call Us: 0300 770 1263

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