

A woman with dark curly hair and glasses is smiling while exercising on a stationary bike. She is wearing a purple tank top. In the background, other people are blurred, suggesting a group exercise class.

Mid and South Essex Signposting manual

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National Signposting

Healthy Living

Healthy Weight

<https://www.nhs.uk/live-well/healthy-weight/>

Healthy Lifestyles

<https://www.nhs.uk/live-well/healthy-body/>

Smoking

<https://www.nhs.uk/live-well/quit-smoking/>

Nutrition

<https://www.nhs.uk/live-well/eat-well/>

Physical Activity Guidelines

<https://www.nhs.uk/live-well/exercise/>

Active10

<https://www.nhs.uk/oneyou/active10/home>

Sleep

<https://www.nhs.uk/live-well/sleep-and-tiredness/>

Alcohol Consumption

<https://www.nhs.uk/live-well/alcohol-support/>

Mood

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

Mid & South Essex

Health and wellbeing

Living Well

<https://www.livingwellessex.org/health-and-well-being/>

Exercise and sport

Living Well

<https://www.livingwellessex.org/health-and-well-being/taking-care-of-yourself/exercise-and-sport/>

Active Essex

<https://www.activeessex.org/>

Diabetes

Living Well

<https://www.livingwellessex.org/health-and-well-being/health-conditions/diabetes/>

Diabetes UK

<https://www.diabetes.org.uk>

- Diabetes UK is the largest national diabetes charity, who campaign, carry out research, and have a wide range of information and resources.
- Diabetes.co.uk is a national website which connect with the global diabetes community. There are forums and chat areas where you can talk with others with the condition, as well as a wealth of useful information.
- The Black and Ethnic Minorities Diabetes Association is a charity who supports black and ethnic minority people with diabetes and their carers.
- The Patient.co.uk website provide detailed information on Diabetes, Foot Care and Foot Ulcers.

Mental health support

Living Well

<https://www.livingwellessex.org/health-and-well-being/mental-health/requesting-mental-health-support/>

If you live in South East Essex:

<https://eput.nhs.uk/our-services/essex/essex-mental-health-services/>

- Contact The Essex Partnership University Trust (EPUT).

Essex Partnership University Foundation Trust (EPUT) provides integrated care including mental health, learning disability, social care and community health services.

Local support

<https://www.essexlifestyleservice.org.uk/stop-smoking/>

- Diabetes UK offers local support groups throughout Essex. Visit their website to find a support group near you.
- Essex Libraries have a wide range of books which explain the causes and effects of diabetes and offer advice about living with the condition.
- If you live in Essex and are between the ages of 40 and 74, you can get a free NHS Health Check, which can assess your risk of developing a serious health condition or disease.
- You can also find support in making lifestyle changes at Essex Lifestyle Services.

Videos:

[http://www.easyhealth.org.uk/listing/diabetes-\(videos\)](http://www.easyhealth.org.uk/listing/diabetes-(videos))

Leaflets:

[http://www.easyhealth.org.uk/listing/diabetes-\(leaflets\)](http://www.easyhealth.org.uk/listing/diabetes-(leaflets))