

## How to contact us

Telephone us between 8am and 6pm Monday to Friday. Calls are charged at the local rate and there is an answerphone outside of these hours. Your call is confidential and our staff will return it as soon as possible.

Worry and stress can make you feel unwell, so take the first step towards getting back on track by calling **HertsHelp**.

Tel: **0300 123 40 44**  
Email: **info@hertshelp.net**  
Textphone: **0300 456 2364**  
Text: **Hertshelp to 81025**  
Skype: **Hertshelp**  
Web: **www.hertshelp.net**



“*I was surprised to learn how much there is in my local area.*”



## Independent information, advice and support in Hertfordshire



### Need help and don't know where to turn?

We're here to listen and help you find the support, advice and information you need to get the most out of life. Our network of community organisations can help you to make positive changes to your life and feel more in control.

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## How we can help you:

- Become more active and healthy
- Feel safe and confident when leaving hospital
- Get through a crisis or a difficult time
- Find out what's on in your community
- Get advice on care planning and paying for care
- Support if you are caring for someone
- Getting help to manage at home
- Make sure you have your say



*“After I fell over, **HertsHelp** helped me to get practical help and equipment. I feel safer at home now.”*



*“When my wife died, I felt lost with all the paper work but **HertsHelp** helped me to stay on top of it.”*



*“I didn't need to 'get a grip' I just needed someone to talk to.”*

## We can talk things through on the phone or face to face and come up with a plan by:

- Discussing your situation
- Finding out what is important to you
- Exploring the local services
- Connecting you with the right people and organisations

You can contact us directly, or your GP, support worker or relative can refer you to us with your permission.

*“I needed support when I left hospital. **HertsHelp** organised for someone to visit me.”*

