

Neurology in Essex

Helpful contacts at diagnosis

If you have been diagnosed with a neurological condition, you can get confidential help and advice from charities as well as from medical services. The charities listed below offer helplines staffed by trained advisers who can offer help with medical issues, employment and benefits, health and social care services, and emotional support. They can also signpost you to local services.



Parkinson's UK Helpline:
0808 800 0303
www.parkinsons.org.uk



Huntington's Disease Association
Helpline: 0151 331 5444
www.hda.org.uk



Multiple Sclerosis Society
Helpline: 0808 800 8000
www.mssociety.org.uk



Motor Neurone Disease Association
Helpline: 0808 802 6262
www.mndassociation.org.uk



MS-UK
Helpline: 0800 7830518
www.ms-uk.org



Headway Essex
- Providing Brain Injury Care & Support
Helpline: 01206 768797
www.headwayessex.org.uk



PSPA Association
Helpline: 0300 0110 122
www.pspassociation.org.uk



Epilepsy Society
Helpline: 01494 601400
www.epilepsysociety.org.uk



Stroke Association
Helpline: 0303 3033 100
www.stroke.org.uk

For more information about health and care in Essex, please call **Healthwatch Essex** on **0300 500 1895** or visit www.healthwatchessex.org.uk/info



Want to find out about
health and care services
where you live?



Call **0300 500 1895**

Monday to Friday, 9am to 5pm

Calls are confidential and charged at normal rate for local calls

www.healthwatchessex.org.uk/info

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