

Local advice, information, and support to make life easier.

If you need help and don't know where to turn, contact HertsHelp.

We can help you or put you in touch with someone else who can. "Thank you for the rapid response and help."

"So pleased to be able to speak to someone about my concerns."

> "This is a great service you can call about anything and they try to help."

HertsHelp Total Notation 123 4044 https://www.hertshelp.net

HertsHelp makes getting the right support easy in Hertfordshire.

Confidential Empowerment Information Isolated Advice Community Communication Language Carers Sensory Detained Substance misuse Dementia Entitlements Acquired Brain Injury Stroke Enabling Rights Complaints Access Choices Free Options Appeals Advice Views Telephone calls Equality Community Help Finance

Call or go online to get free help, advice, and information as quickly and simply as possible.

www.hertfordshire.gov.uk/hertshelp

Phone lines are open: Monday, Tuesday, Thursday and Friday, 9am – 5pm Wednesday, 9am – 7pm Saturday – Sunday, 10am – 4pm. Phone: **0300 123 4044** (local rate)

Email: info@hertshelp.net

Minicom: 0300 456 2364

Text: hertshelp to 60060

If you need any of the following the HertsHelp network of organisations can provide speech and language, interpretation services, signers, assistive technology, Makaton, easy read and communication toolkits.





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