

Support and Information Sources

There are a range of organisations and websites listed below who may be able to help if you wish to seek support for issues raised in the research session.

Wellbeing support

Essex Wellbeing Service (EWS) – provides Essex residents access to support programmes. [Essex Wellbeing Service](#)

Essex Child and Family Wellbeing Service – offers support for families in Essex
[Essex Family Wellbeing](#)

Samaritans is available for anyone struggling to cope and provides a safe place to talk 24 hours a day.

Phone: 116 123

[Visit the Samaritans website](#)

Mind provides advice and support on a range of topics including types of mental health problems, self-harm, legislation and details of local help and support in England and Wales.

Phone: 0300 123 3393

[Visit the Mind website](#)

Smoking cessation

Adult smoking cessation [Stop Smoking - Essex Wellbeing Service](#)

Vaping support and resources

Youth vaping toolkit for parents and carers

[Essex Child and Family Wellbeing Service |](#)

[Youth Vaping Toolkit for Parents and Carers](#)

Clear the Air - resources to support parents and carers to feel ready and confident to have a first chat about vaping: cleartheair.org.uk

Parent Talk – useful tips on how to have a conversation about vaping: [Advice for parents worried about a child or teenager vaping](#)

Smoke free – useful guide for parents and carers: Vaping: The Facts | Smokefree Sheffield [Vaping: The Facts | Smokefree Sheffield](#)

Essex parent/carers resources - podcast on youth vaping in Essex [Youth Vaping | Podcast](#)

Support for Young People who want to quit vaping - The Children's Society recently launched a new pathway for young people who are seeking support with vaping. Details of self-referral pathway found: [Vaping Pilot | The Children's Society](#) .

Talk to Frank - A support service that provides information about drugs, plus advice for people who use drugs, and their parents or carers.

Phone: 0300 1236600

<https://www.talktofrank.com/drug/vapes>