

# 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**



**Headway UK**  
Helpline: **0808 800 22 44**  
**www.headway.org.uk**



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



**PSP Association**  
Helpline: **0300 0110 122**  
**www.pspassociation.org.uk**



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



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



**Motor Neurone Disease Association**  
Helpline: **08457 626262**  
**www.mndassociation.org.uk**



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

## Notes

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