

# Factsheet

Adult Care Services



**Independent information,  
advice and support in  
Hertfordshire from HertsHelp**



HertsHelp are here to listen to you



**Do you want help?**

Ask HertsHelp for help.



Worry can make you feel ill.

But do not worry alone.



HertsHelp can help you find the support,  
advice and information you need



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## Adult Care Services

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**This can include:**

Help to get active and healthy



Help when leaving hospital



Help with a problem



Help to know what is going on in your community



Advice on care planning and paying for care and support



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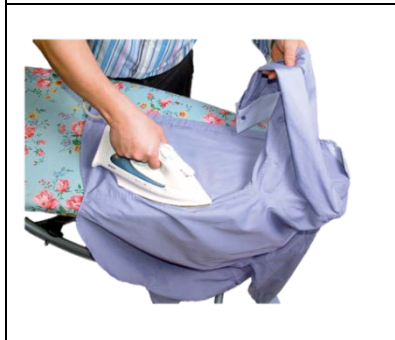


## Adult Care Services

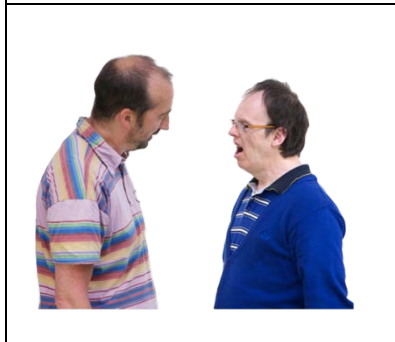
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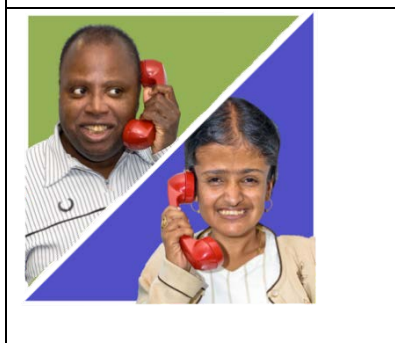
Support if you are caring for someone



Getting help to manage at home



Making sure you have your say



**You can talk to HertsHelp on the phone**



**You can talk to HertsHelp face to face**

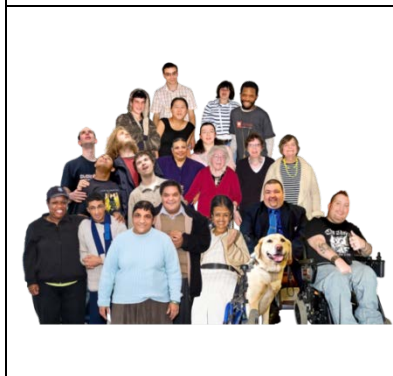


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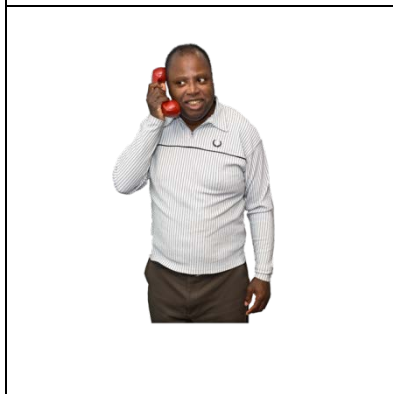
## Adult Care Services



HertsHelp will talk about what is important to you.



We will link you together with the right people and organisations that can help you



You can contact HertsHelp.

Your GP, support worker or a relative can contact HertsHelp for you, if you agree.

Tel: **0300 123 40 44**



Email: **info@hertshelp.net**

Skype: **Hertshelp**

Web: **www.hertshelp.net**



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## Adult Care Services

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	<b>Text: Herts help to 81025</b>
	<b>Textphone: 0300 456 2364</b>

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### Contact us

#### For adult care services and to comment or complain:

Web: [www.hertfordshire.gov.uk/adults](http://www.hertfordshire.gov.uk/adults) E-mail: [contact@hertfordshire.gov.uk](mailto:contact@hertfordshire.gov.uk)

Telephone: 0300 123 4042

Textphone: 0300 123 4041

British Sign Language (BSL) video interpreting service available.

**Find a local community service:** [www.hertfordshire.gov.uk/directory](http://www.hertfordshire.gov.uk/directory) or drop into your local library

#### Call HertsHelp for independent information and advice:

Telephone: 0300 123 4044

E-mail: [info@herts help.net](mailto:info@herts help.net)

Text: Text Herts help to 81025

Textphone: 0300 456 2364



#### If you or someone you know is at risk of abuse or neglect:

Call us on 0300 123 4042 (24 hours a day)

Calls to 0300 cost no more than a national rate call to a 01 or 02 number