



# CoSign

Community-based signposting tool

## Helping you find support for emotional distress



Emotional distress, depression, anxiety, worries and stress can sometimes be caused or made worse by aspects of our lifestyle, our home or social life, our work, money problems, our relationships or issues to do with where we live.



**CoSign** is designed to identify these kinds of areas in your life which might be causing your difficult feelings or making you feel unable to cope.



**CoSign** asks questions about different aspects of your life and then provides a list of community-based services or resources that offer relevant support for the challenges in those areas of your life.



**CoSign** is designed for adults living in Essex

Scan QR code to access **CoSign**



*CoSign is maintained, developed and managed by the University of Essex. The process of creating and piloting CoSign was financially supported by NIHR ARC East of England and the University of Essex.*