

ALTERNATIVE LIST OF HELP

In an emergency dial 999 and ask for an ambulance or go to A&E departments of your local hospital.

ChildLine: Help and advice from a trained counsellor for under 19's, through their helpline and webchat anytime, about anything. Tel: 0800 1111.

www.childline.org.uk

Samaritans: 116 123 free to call anytime any age about anything.

Papyrus: Free confidential space to talk about your thoughts of suicide with trained advisors. For children and young people, up to 35 years. Phone, text webchat HopeLine UK 0800 0684141. <https://www.papyrus-uk.org/>

Shout: Provides free 24/7 text support for young people across the UK experiencing a mental health crisis anytime, anywhere, any age. Text SHOUT to 85258. www.giveusashout.org

Young Minds: In urgent need text free 24/7 to 85258 www.youngminds.org.uk

NHS - Hertfordshire NHS Foundation Trust – Urgent Out of hours advice and telephone support. Single Point of Access (SPA) Mental Health Help line. Anytime, any age 0800 6444 101

ONLINE HELP

SANDBOX – Online support for 10-25 years. Access to games, worksheets, group chats and 1:2:1 support via text, phone or online. <https://sandbox.getcerebral.co.uk/>

Stop. Breathe. Think. Free 1-1 counselling sessions for 8 to 21 years. You can have a chat on text to BREATHE to 85258 <https://www.stopbreathethink.org.uk/>

With YOUTH (Mind Hertfordshire CYP)– children and young people's digital wellbeing service 5-18 years <https://www.withyouth.org/>

Big White Wall/Scape: On-line service for mild Mental Health issues for over 18's, 24/7 www.bigwhitewall.com

Stayalive.app – an app which can be downloaded onto your mobile for those at risk of suicide and people worried about someone. www.stayalive.app

HELP LINES

Young Minds Helpline – 10-17 years living in Herts 01923 256391 for support and advice as well as carers and parents. www.hertfordshiremindcyp.org

Just Talk – helping young people in Hertfordshire to talk about their mental health – www.justtalkherts.org

Health for Teens – advice for 11-19's on topics ranging from emotional wellbeing, healthy relationships, and physical health. Select the Hertfordshire pages for up-to-date advice on local services. www.healthforteens.co.uk

Saneline: Mental Health Support for over 16s. Offering emotional support, guidance, and information to anyone affected by mental illness - including family, friends and carers www.sane.org.uk Tel 0300 304 7000. Open from 4pm to 10pm.

The Mix: Under 25s Free information and support for mental health issues 0808 808 4994 www.themix.org.uk

Anxiety UK: Help and support for anxiety www.anxietyuk.org.uk

COUNSELLING

Contact your GP who can assess your needs and make a referral if appropriate.

NHS - Hertfordshire Partnership NHS Foundation Trust – SPA (Single Point of Access) can put you in touch with NHS mental health services. They will help you get you to the service best for your needs Tel: 0300 777 0707; Out of hours 01438 843322 www.hpft.nhs.uk

Mind in Mid Herts: Over 16's counselling and group work 03303 208100 www.mindinmidherts.org.uk - covers Hertford, St Albans, Stevenage, and Hatfield

Talk in Herts – Under 18 years. Based in Welwyn but will take referrals out of area. Low-cost counselling on a sliding scale up to £40 per session. 07843 481040 <https://talk-in-herts-counselling.co.uk/>

The Counselling Foundation – St Albans Centre: 18-25 years self-referral, sliding scale charge between £5-£50, GP referral for 16-17 years for free sessions 01727 856693. www.counsellingfoundation.org

School Counselling - please speak to your individual school, college & University.

Safe Space Counselling in Schools: Counselling & Arts Therapies to schools across Hertfordshire (5–19yrs). 01992 588796 Professional to make referral.

Mosaic Counselling: Affordable low cost counselling 18yrs+. help@mosiaccounsellingsservice.com

OTHER COUNSELLING SERVICES IN HERTFORDSHIRE

YCT – Counselling with 5-25 in Harlow. Supporting children and young people aged 5-25 years in Harlow and 11-19 years old in locations across East, North & West Hertfordshire including Waltham Abby, Stansted, Hoddesdon, Ware, Bishops Stortford, Stevenage, Letchworth 01279 414 090.

<https://yctsupport.com/>

Signpost Counselling offering counselling to young people between 10-18 olds to a maximum of 12 sessions and for those 19-25 there could be a charge depending on your circumstances as in calculated as a percentage of your income. 01923 239495.

<https://oneymca.org/signpost>

Raphael House 4-25 covering London Borough of Barnet including an Hertfordshire Outreach covering Hatfield & Welwyn Garden City covering young people 11-18. 020 8440 9144.

<https://www.reaphaelhouse.org.uk>

Finding private counsellors:

ACP: Association of Child Psychotherapists
www.childpsychotherapy.org.uk

BACP: British Association of Counselling & Psychotherapy
www.itsgoodtotalk.org.uk/therapists

UKCP: UK Council for Psychotherapy
<https://www.psychotherapy.org.uk/>

Counselling Directory:
www.counselling-directory.org.uk

SPECIFIC HELP

Services for Young People:
Youth work, advice, and guidance.
<https://servicesforyoungpeople.org>

The Ollie Foundation – suicide prevention (information and training)
www.theolliefoundation.org

Grief Encounter: Support with bereavement of a sibling/ parent
0808 802 0111
www.griefencounter.org.uk

CRUSE Support with bereavement 0808 808 1677
<https://www.cruse.org.uk/>

Winston's Wish – support with bereavement, children, and young people up to age of 35. 08088 020 021,
<https://www.winstonswish.org>

The WISH Centre (Harrow)
020 3137 9044, free service for young people for self-harm.
www.thewishcentre.org.uk

Young Carers in Hertfordshire – practical and emotional support to young carers. www.ycih.org
01992 58 69 69

Herts Young Homeless – advice and practical support for 16–24-year-olds who are homeless or worried they may become homeless. Tel: 18-24 years call 08000 355 775. For 16–17-year-olds call 03003 230130 www.hyh.org.uk

FRANK Offer a 24-hour confidential helpline for young people with questions or concerns about alcohol or drugs. You can chat online with advisors daily from 2pm – 6pm. Tel: 0300 123 6600

A-Dash: Help with drug/alcohol issues for under 18s
<https://www.healthforteens.co.uk/hertfordshire/services/adash-adolescent-drug-and-alcohol-service-hertfordshire/>

Spectrum: Help with drug/alcohol issues/recovery for over 18's in Hertfordshire
<https://www.changegrowlive.org/spectrum-hertfordshire-drug-alcohol-services>

The Living Room: Daytime group therapy sessions for any addiction, 18+, 0300 365 0304
<https://www.livingroomherts.org/>

Night Light Crisis Service: Over 18s, Fridays - Monday between 7pm - 2am – Out of hours mental health service 01923 256391
<https://www.stayalive.app/find-help-now/resources-by-area/england/hertfordshire/nightlight-crisis-service-hertfordshire/>

Eating disorders: Support for anyone suffering from an eating disorder
www.beateatingdisorders.org.uk

First steps ED – 5–17-year-olds eating difficulties and disorders – no professional diagnosis required (confidential from 14+)
www.firststepsed.co.uk

ADD-vance – support for ADHD and autism 01727 833963
<http://www.add-vance.org/>

Palms Hertfordshire – Positive behaviours, autism, learning disability and Mental health service. 01727 582122
<https://www.hct.nhs.uk/service-details-/service/positive-behaviour-autism-learning-disability-and-mental-health-service-palms-50/>

Herts SARC – offers free support and practical help to anyone over 13 years in Herts who have experienced sexual violence and/or abuse 24/7 helpline 08081784448, herts.sarc@nhs.net
www.hertssarc.org

Herts Domestic abuse Helpline. 0808 808 8088 9am-9pm Mon-Fri and 9am-4pm weekends

National Domestic Abuse Helpline 0808 2000 247