

Alternative help for young people 2020



Emergency: In an emergency contact your GP surgery, call 111 or go to A&E dept of local hospital

Samaritans: Tel: 116 123 Free to call - Any time - any age - about anything

Childline: Tel: 0800 11 11 Free to call (under 19's) Any time - help with anything

Text Services (in crisis/urgent need):

SHOUT - Text Service - 24/7 text service, Text "**SHOUT**" to 85258 free on all major mobile networks, for anyone in crisis anytime, anywhere.

YOUNG MINDS - in urgent need text "YM" to 85258 www.youngminds.org.uk - 24 hours a day

Counselling:

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

NHS - Single Point of Access for Child & Adolescent Mental Health - phone 0300 777 0707 (01438 843 322 out of hours) This service offers telephone triage for all referrals for Mental Health & Learning Disabilities in Hertfordshire 8am -7 pm Mon - Friday

School Counsellor - contact individual schools (also, most colleges and universities have a wellbeing/counselling dept).

Mind in Mid Herts (16+) - counselling and group work - Tel: 01727-865070

www.mindinmidherts.org.uk

St Albans Counselling Centre Tel: 01727-856693. 18-25 years self-referral - (offers a sliding scale charge between £20-£45) - (GP referral for 16/17 years offering a set number of free sessions).

Find Private Counsellors and Therapists via the following websites

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

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

BAP - British Association of Psychotherapists www.bap-psychotherpay.org

UKCP - UK Council for Psychotherapy www.ukcp.org.uk

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

On-line help:

Kooth - www.kooth.com On-line counselling for 11-18 year olds - now available in Hertfordshire

Big White Wall - www.bigwhitewall.com (16years+) 24/7 - On-line service for mild Mental Health issues

Support helplines:

Saneline - Tel: 0300 304 7000 (4.30pm-10.30pm) www.sane.org.uk Mental Health Support Helpline for Over 16s

Out of hours offering emotional support and guidance and information to anyone affected by mental illness, inc. family, friends and carers

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

Anxiety UK - Help and support with anxiety www.anxietyuk.org.uk

Specific Help:

Grief Encounter - 0808 802 0111 www.griefencounter.org.uk (support with bereavement of a sibling/parent)

Papyrus – Hopeline UK 0800 0684141 (Prevention of young suicide) children/young people up to 35years

A-Dash - (help with drug/alcohol issues) 01923-531917 (under 18s)

Spectrum - (help with drug/alcohol issues) 01707-256532 (over 18s)

The Living Room - (any addiction) 01727-854479 (over 18s)

Night Light Crisis Service - (part of Mind) (over 18s) Fridays - Monday between 7pm-2am – Out of hours mental health service - Helpline: 01923 255 391

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

Useful apps:

<https://www.nhs.uk/apps-library/category/mental-health/>

Private Therapists (with experience of working with young people)

Jackie Gess	01727 840743
Penny Wright	01923 661147
Sandra Steel	01727 830378
Michael Whan	01727 842250/01727 810371
Gill Davis	07973 767671
Joan Crooks	01442 384256
Deborah Cullinan	01442 218478

Angela Newton	01727 839719
Steve Seaton	07947 725425
Ida Fairbairn	01727 833817 (over 20's only)
Joanne Marks	07802 881267
Rachel Edwards	07842 546678 (Chorleywood area)

The above list is provided as a source of information only and Youth Talk does not take responsibility for the services offered by these organisations or individuals.

Help for Parents:

Rachel Milroy - 07781 536 216 email: rachelmilroypsychotherapy@outlook.com - offering a parenting consultancy - fee payable

Family Lives - 0800 800 222

Young Minds Parent Help Line - 0808 802 5544

Single Point of Access - NHS Mental Health Advice - Tel 0300 777 0707 (01438 843 322 out of hours)