

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

Youth Talk, Lower Ground Floor, Dagnall House, 2 Lower Dagnall Street St Albans Herts AL3 4PA.
Charity registration no. 1063572. www.youthtalk.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/>