

## 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](http://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](http://www.giveusashout.org)

**Young Minds:** In urgent need text free 24/7 to 85258 [www.youngminds.org.uk](http://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://thesandbox.mindler.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](http://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](http://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](http://www.hertfordshiremindcyp.org)

**Just Talk** – helping young people in Hertfordshire to talk about their mental health – [www.justtalkherts.org](http://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](http://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](http://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](http://www.themix.org.uk)

**Anxiety UK:** Help and support for anxiety [www.anxietyuk.org.uk](http://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](http://www.hpft.nhs.uk)

**Mind in Mid Herts:** Over 16's counselling and group work 03303 208100 [www.mindinmidherts.org.uk](http://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 £20-£50, GP referral for 16-17 years for free sessions 01727 856693. [www.counsellingfoundation.org](http://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 18ys+. <https://mosaiccounselling.co.uk/>

## OTHER COUNSELLING SERVICES IN HERTFORDSHIRE

**Signpost Counselling** offering counselling to young people between 5-18 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>

**Herts Mind Network** providing free counselling to young people within Herts, you can refer online or calling 0208 189 8400 (option 1)

<https://www.withyouth.org/refer-for-counselling/>

### Finding private counsellors:

**ACP:** Association of Child Psychotherapists

[www.childpsychotherapy.org.uk](http://www.childpsychotherapy.org.uk)

**BACP:** British Association of Counselling & Psychotherapy

[www.itsgoodtotalk.org.uk/therapists](http://www.itsgoodtotalk.org.uk/therapists)

**UKCP:** UK Council for Psychotherapy

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

### Counselling Directory:

[www.counselling-directory.org.uk](http://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](http://www.theolliefoundation.org)

**Grief Encounter:** Support with bereavement of a sibling/ parent 0808 802 0111

[www.griefencounter.org.uk](http://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](http://www.thewishcentre.org.uk)

### Young Carers in

#### Hertfordshire

– practical and emotional support to young

carers. [www.ycih.org](http://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](http://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](http://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](http://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 -18's. 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](mailto:herts.sarc@nhs.net)

[www.hertssarc.org](http://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