

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. If you call them, they will help, 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 maximum of £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 The Counselling Foundation: Over 16's Counselling with GP referrals 0300 303 6690
www.counsellingfoundation.org

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

Safe Space Counselling in Schools: The Counselling in Schools Service provides Counselling & Arts Therapies to schools across Hertfordshire for 5–19-year-olds. 01992 588796 Professional to make referral.

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.rephaelhouse.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
www.psychotherapy.org.uk

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

SPECIFIC HELP

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 people with caring responsibilities. 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 might 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/st-albans-huh>

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/our-services/palms/>

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