



Strength  
In Mind  
Therapeutic Services

### Where to get support outside of school hours

#### Emergency Contacts

Organisation	What do they offer?	Contact Details
Children's Services	Emergency safeguarding	0300 123 4043
Samaritans	Crisis mental health support	116 123
Childline	Support for children and young people	0800 1111
National Centre for Domestic Violence	Providing emergency injunctions within two weeks of police involvements	0808 2000 247 <a href="http://www.ncdv.org.uk">www.ncdv.org.uk</a>
Sunflower	Domestic abuse helpline	0808 808 8088 <a href="http://www.hertssunflower.org/herts-sunflower.aspx">www.hertssunflower.org/herts-sunflower.aspx</a>
Out of hours mental health support	Emergency mental health support. This service operates through the night from 5pm	01438 843322

	until 9am on weekdays, and around the clock at weekends and on Bank Holidays.	
Hertfordshire Nightlight	<p>Out of hours support for people who are distressed or experiencing a crisis. This service is currently via telephone support only due to Covid 19.</p> <p>Monday: 6pm – 8am  Tuesday: 6pm – 11pm  Wednesday: 6pm – 11pm  Thursday: 6pm -11pm  Friday: 6pm – 8am  Saturday: 3pm - 8am  Sunday: 3pm – 8am</p>	01923 256391
Child Law Advice	Advice on legal matters to do with child and family law	0300 330 5480  <a href="http://www.childlawadvice.org.uk">www.childlawadvice.org.uk</a>

## COVID - 19 Specific Help

Organisation	What do they offer?	Contact Details
Young Minds	Great resources and ideas about things adults and young people can do to manage any stress and anxiety	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>
Centre for Disease Control	Helpful messages on how to talk to children about Coronavirus	<a href="http://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html">www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html</a>
Every Mind Matters	Provides general information about looking after your mental health which would be	<a href="https://www.nhs.uk/oneyou/every-mind-">https://www.nhs.uk/oneyou/every-mind-</a>

	relevant during this challenging time as much as at any other time and provides top tips to improve emotional wellbeing	<a href="#">matters/</a>
Mind	Provides useful information about how to cope if people feel anxious about coronavirus, how to manage staying well at home if being asked to self-isolate and taking care of your mental health and wellbeing among other tips and advice	<a href="https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/">https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/</a>
Video for parents	Regarding the Coronavirus	<a href="https://www.youtube.com/watch?v=ZnANLAcPRZ4&amp;feature=youtu.be">https://www.youtube.com/watch?v=ZnANLAcPRZ4&amp;feature=youtu.be</a>  <a href="https://www.annafreud.org/on-my-mind/">https://www.annafreud.org/on-my-mind/</a>
Video for children and young people	Regarding the Coronavirus	<a href="https://www.youtube.com/watch?v=ME5IZn4-BAk">https://www.youtube.com/watch?v=ME5IZn4-BAk</a>  <a href="https://www.annafreud.org/on-my-mind/">https://www.annafreud.org/on-my-mind/</a>
Healthy Young Minds	There will be a weekly update via the Healthy Young Minds in Herts website where the information will be shared.	<a href="https://healthyyoungmindsinherts.org.uk/">https://healthyyoungmindsinherts.org.uk/</a>
Just Talk	Helpful advice around managing self-care. There will also be a webpage for young people and families.	<a href="http://www.justtalkherts.org">www.justtalkherts.org</a>
Unicef	Information regarding Coronavirus	<a href="http://www.unicef.org/coronavirus/covid-19">www.unicef.org/coronavirus/covid-19</a>
Family Lives	Free downloads for parents Free downloads with practical tips and ideas for parents	<a href="https://www.familylinks.org.uk/free-downloads-for-parents">https://www.familylinks.org.uk/free-downloads-for-parents</a>
Netmums	Support and information	<a href="https://www.netmums.com/support/netmums-parenting-course-welcome">https://www.netmums.com/support/netmums-parenting-course-welcome</a>

## Mental Health Support

Organisation	What do they offer?	Contact Details
Single Point of Access	Mental health triage for access to mental health support	0300 777 0707
Mind	Mental health support	0300 123 3393
Young Minds	Parent helpline for children and adolescents with mental health issues	<a href="http://www.youngminds.org.uk/find-help/for-parents/parents-helpline/">www.youngminds.org.uk/find-help/for-parents/parents-helpline/</a> 0808 802 5544
Rethink / Give us a shout	Mental health support and advice - online, by phone and via text	Text 'SHOUT' to 85258 <a href="http://www.giveusashout.org">www.giveusashout.org</a> <a href="http://www.rethink.org.uk">www.rethink.org.uk</a>
Mind Hertfordshire Network	Provides a crisis helpline for anyone experiencing mental health distress or requiring emotional support and signposting. Professionals, family/ friends can call on someone's behalf with the individual's consent.	01923 256 391 <a href="https://www.hertsmindnetwork.org/">https://www.hertsmindnetwork.org/</a>
Sane Line	Emotional support (via email only during Covid 19)	Email: <a href="mailto:support@sane.org.uk">support@sane.org.uk</a> 0300 304 7000 <a href="http://www.sane.org.uk">www.sane.org.uk</a>
Support Line	Emotional support for people who are vulnerable	Email: <a href="mailto:info@supportline.org.uk">info@supportline.org.uk</a> 01708 765200 <a href="http://www.supportline.org.uk">www.supportline.org.uk</a>
Active Herts	Free fitness exercises	<a href="https://www.youtube.com/channel/UCcOU5K-jchvXX2i0f-JECrw/videos">https://www.youtube.com/channel/UCcOU5K-jchvXX2i0f-JECrw/videos</a>

## Parenting Advice

Organisation	What do they offer?	Contact Details
Family Lives	Support and advice relating to all aspects of family life that include all stages of a child's development, issues with schools and parenting/relationship support. We also respond when life becomes more complicated and provide support around family breakdown, aggression in the home, bullying, teenage risky behaviour and mental health concerns of both parents and their children.	Email: <a href="mailto:askus@familylives.org.uk">askus@familylives.org.uk</a> 0808 800 2222 <a href="http://www.familylives.org.uk">www.familylives.org.uk</a>
NSPCC	Information and advice on how to keep children safe, online safety and support for parents.	Helpline: 0808 800 5000 Email: <a href="mailto:help@nspcc.org.uk">help@nspcc.org.uk</a>
Care for the family	Support and advice linked to relationships, parenting and bereavement.	Helpline: 029 2081 0800 <a href="http://www.careforthefamily.org.uk/family-life/parent-support">www.careforthefamily.org.uk/family-life/parent-support</a>
Action for children	Support and advice for parents on a range of topics and information on fostering and adoption. Things to do with your child at home during Covid 19.	<a href="http://www.actionforchildren.org.uk/support-for-parents">www.actionforchildren.org.uk/support-for-parents</a>

## SEN advice - DSPL4

DSPL 4	Communication and visual support, including downloadable materials	<a href="https://dspl4.co.uk/">https://dspl4.co.uk/</a> <a href="https://dspl4.co.uk/communication-and-visuals">https://dspl4.co.uk/communication-and-visuals</a>
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DSPL 4	Sleep support with useful links and downloadable resources	<a href="https://dspl4.co.uk/sleep">https://dspl4.co.uk/sleep</a>
DSPL 4	Behaviour support, useful links, information and downloadable resources	<a href="https://dspl4.co.uk/behaviour">https://dspl4.co.uk/behaviour</a>
DSPL 4	Mental Health support - a list of services with direct links	<a href="https://dspl4.co.uk/behaviour">https://dspl4.co.uk/behaviour</a>
DSPL 4	Toileting - useful links and downloadable resources	<a href="https://dspl4.co.uk/toileting">https://dspl4.co.uk/toileting</a>
DSPL 4	Support groups and SEND advice services	<a href="https://dspl4.co.uk/support-groups-and-services">https://dspl4.co.uk/support-groups-and-services</a>