



# Welcome to The Sandbox

Online mental health support  
for Children and Young People

The Sandbox is an 'online hub' for children and young people in Hertfordshire where they can feel safe and take care of their Mental Health. You can find lots of really helpful resources on The Resource Zone.



How you feel about yourself, your family, friends and life in general changes all the time. Having problems with how you are feeling is part of growing up.

The Sandbox is here to help you understand how you are feeling, talk with other people, and find different ways to feel better.

**Anyone aged between 10-25 can sign up for the Sandbox in Hertfordshire.**

We know it's sometimes hard to let people know how you feel.

You might find talking to someone quite scary or nerve-wracking,

but by doing this you will be taking a very big step in the right direction towards improving your mental health.



**Sign up and complete your free assessment for NHS funded therapy**

## We are here to help you

**More than 1 in 6 Children and Young People in Britain  
struggle with their mental health at some point in their lives,  
according to NHS research.**

**<https://sandbox.mindler.co.uk>**

