



### **Support for Children & Young People**

**Single Point of Access** - 0300 777 0707 Mental health referrals - 14+ can self refer or parents can refer for younger children

**Childline** - 0800 1111 (24 hour helpline)

**Samaritans** - 116 123 (24 hour helpline)

**Shout** - Free 24/7 support for people in crisis. Text SHOUT to 85258 in the UK to text with a trained Crisis Volunteer

**NHS medical helpline** - 111 (Option 2 for Mental Health support)

**Police (non-emergency)** - 101 **Emergency Police/ Ambulance/ Fire** - 999

**MIND With Youth** - <https://www.withyouth.org/digital/> online support for children and young people

**Lumi Nov app** - <https://www.withyouth.org/how-we-help/lumi-nova/> online anxiety game for 7 - 12 year olds

**Sandbox** - <https://sandbox.mindler.co.uk/> online mental health support for children and young people

**Herts Young Minds** - <https://www.healthyyoungmindsinherts.org.uk/>

**Young Minds** - [www.youngminds.org.uk](http://www.youngminds.org.uk) children and young people's mental health support

**Stem4** - [www.stem4.org.uk](http://www.stem4.org.uk) supporting teenage mental health

**CRUSE** for young people (bereavement) - Helpline 0808 808 1677  
Website: [www.hopeagain.org.uk](http://www.hopeagain.org.uk)

**Herts Young Homeless** - <https://www.hyh.org.uk/> (family breakdown/homelessness)

**Frank** - <https://www.talktofrank.com/> (drugs and alcohol)

**Mindline Trans+ National Helpline** - 0300 330 5468 National helpline for people who identify as Trans, non-binary & their friends and families. Open every Monday and Friday 8pm - Midnight

**Pride in Herts** <https://www.youngprideinherts.org/support/lgbt-projects/>

**Services for Young People** <https://www.servicesforyoungpeople.org/support-for-young-people/>