

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

Children's Services – 0300 123 4043

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 - <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/> mental health support

Young Minds - www.youngminds.org.uk children and young people's mental health support

Stem4 - www.stem4.org.uk supporting teenage mental health

CRUSE for young people (bereavement) - Helpline 0808 808 1677

Website: www.hopeagain.org.uk

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

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

Shore Space - <https://shorespace.org.uk/> - a confidential chat service supporting young people concerned about their own or someone else's sexual thoughts and behaviours.



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

Young Pride in Herts – www.hertspride.org - health and wellbeing support for young people in the LGBT+ community in Hertfordshire

Services for Young People - <https://www.servicesforyoungpeople.org/support-for-young-people/> - information, advice and support for young people as well as the opportunity to get involved in youth projects in the area

APPS:

For anxiety:

Anxiety United, Beat Panic, Mindshift CBT, SAM App, Stressheads, What's Up

For low mood & general difficulties:

Headspace, Smiling Mind, The School of Life

For crisis:

Well mind, Calm Harm, Stay Alive, Blueelce



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