

**AVAILABLE HELP FOR TEENS IN NEED OF SUPPORT** *produced by Dr Alison Cowan Updated October 2022*

* **Herts County Council Services for Young People – HCC SfYP - (formerly YC Hertfordshire)** *11-17yr*
  + 0300 123 7538; text:  07860 022943

Email: [SfYP@hertfordshire.gov.uk](mailto:SfYP@hertfordshire.gov.uk" \t "_blank) [yc@hertfordshire.gov.uk](mailto:yc@hertfordshire.gov.uk)

* + <https://www.servicesforyoungpeople.org/>

**MENTAL HEALTH SUPPORT**

* **Helplines**
  + Samaritans: [www.samaritans.org](http://www.samaritans.org) 08457 90 90 90
  + Shout: crisis texting service: text 85258; [www.giveusashout.org](http://www.giveusashout.org)
  + Childline 0800 11 11 [www.childline.org.uk](http://www.childline.org.uk) <19yr
  + HPFT Single point of access for child and adolescent mental health: **0800 6444 101**

**Now 24/7**

* + Hertfordshire Night Light service: helpline: Friday-Monday: 7 -2am: 01923 256391: 18yr+
* **Youth Talk** 1***3-25yr:*** counselling service for those living, working or at school in St Albans district
  + 01727 868684
  + [www.youthtalk.org.uk](http://www.youthtalk.org.uk)
* **Signpost/Urban Access**: ***10-25yr*** South and West Hertfordshire
  + 01923 239495 or 07444 768078 12 counselling sessions

**Remote counselling available: email info@signpostcounselling.co.uk**

* + [administrator@signpostcounselling.co.uk](mailto:administrator@signpostcounselling.co.uk) [counselling@urbanaccess.org.uk](mailto:counselling@urbanaccess.org.uk)
  + [www.signpostcounselling.org.uk/](http://www.signpostcounselling.co.uk/)
* **Youth Link:** **10-24yrs** South and West Hertfordshire social prescribing function
  + **07510 927143**
* **HarpendenPlus Partnership**
  + 07985 330941; 01582 623676
* **YCT (Young Concern Trust): 5-25yr** West Essex and Noth and East Hertfordshire
  + Counselling and therapeutic support charity [www.yctsupport.com/](http://www.yctsupport.com/)
  + 01279 414090
* **Relate:** North Herts [www.relate.org.uk](http://www.relate.org.uk) 0300 100 1234
* **Tilehouse Counselling:** 13-19yrs [www.tilehouse.org](http://www.tilehouse.org) 01462 440 244 North Herts
* **Rephael House:** 13-19yrs based In Welwyn and Hatfield [www.rephaelhouse.org.uk](http://www.rephaelhouse.org.uk) 0208 440 9144
* **Young People’s Healthy Hub**: social prescribing function [www.healthyhubs.org.uk/Stevenage](http://www.healthyhubs.org.uk/Stevenage)
* **Togetherall**: **16+yrs** [www.togetherall.com](http://www.togetherall.com) an evidence-based, clinically moderated, online 24/7 peer-to-peer mental health community, for residents of Hertfordshire
* **HCC SfYP Supporting You Programme: 11-17yrs** 
  + <https://www.ychservicesforyoungpeople.org/support-for-young-people/support-with-health-and-emotional-wellbeing/supporting-you/>
  + 12 CBT skills delivered over a weekly programme of 7 weeks
* **HCT Children’s Wellbeing Practitioners Team: 5-19yrs** trained to deliver manualised guided self-help interventions for mild-moderate anxiety, behavioural difficulties, and low mood.
  + [https://www.hct.nhs.uk/cwp](https://www.hct.nhs.uk/cwp" \t "_blank)
* **Wellbeing team**: ***16+yr***: free confidential talking therapy and practical support: via self-referral or GP: 28 days
* [www.talkwellbeing.co.uk](http://www.talkwellbeing.co.uk) : **0800 6444 101**
* **CAMHs/Public Health website:** <https://www.healthyyoungmindsinherts.org.uk/>
* **CAMHs:** [www.hpft.nhs.uk/](http://www.hpft.nhs.uk/) : **0800 6444 101 NHS111 option 2**or red button via <https://www.hpft.nhs.uk/>
* **THE MIX: <25YR:** free confidential multi-channel service that aims to find young people the best help
  + 0808 808 4994 (freephone 7 days a week 3pm-12am); 1-2-1 chat; [www.themix.org.uk](http://www.themix.org.uk)
* **What’s Up app**: teaches simple strategies to help cope with a wide range of mental health issues
* **Sane:** [www.sane.org.uk](http://www.sane.org.uk) 0300 304 7000
* **Young Minds:** [www.youngminds.org.uk](http://www.youngminds.org.uk); Crisis messenger: text YM 85258

**Lots of excellent resources on website**

* **Mind:** [www.mind.org.uk](http://www.mind.org.uk): 0300 123 3393; text 86463: national charity Monday – Friday 9-6pm

**Digital services available**

* **Mind in Mid Herts**: local charity supporting 16+yr with their mental health
  + [www.mindinmidherts.org.uk](http://www.mindinmidherts.org.uk); 01727 865070
* **Herts Mind Network With YOUth for 5-18yrs : Children & Young People’s Digital Wellbeing Service, including helpline, instant messaging, one to one and group support and digital therapeutic gaming app for 7-12s:**
  + [www.withyouth.org](http://www.withyouth.org)/ **0208 189 8400** Mon-Fri 2pm-10pm

**Young person’s group >15yr and workshops online**

* + [Lumi Nova](https://www.withyouth.org/how-we-can-help/lumi-nova/) Digital Therapeutic Gaming App for ages 7-12
* **Kooth**: [www.kooth.com](http://www.kooth.com): anonymous, confidential website where young people in Hertfordshire can go for help.
  + 6 counselling sessions 10-25yr
* **Side by Side**: <https://sidebyside.mind.org.uk/> supportive online community through MIND >18yrs
* **Togetherall**: <https://togetherall.com/en-gb/> safe online community for mental health and wellbeing support >16yrs
* **Stem4:** [**www**.stem4.org.uk](http://www.stem4.org.uk) teenage mental health charity
* **Childline**: [www.childline.org.uk](http://www.childline.org.uk)
  + Childline For Me app: <https://www.childline.org.uk/toolbox/for-me/>
* **Saneline**: [www.sane.org.uk](http://www.sane.org.uk) 0300 304 7000 mental health support and guidance >16yrs
* **Help for vulnerable people with additional needs: Guidepost Trust:** <https://guideposts.org.uk/>
* **Mental Health Complex Needs service**: Turning Point <https://www.turning-point.co.uk/home.html>
* **Muslim youth helpline**: [www.myh.org.uk](http://www.myh.org.uk)
* **MeeToo:** Advice for teens from experts on any topic that is difficult to talk about: <https://www.meetoo.co.uk/>
* **Mindfulness app for all ages:** Smiling Minds; Headspace
* **It’s OK to say:** mental health support: [www.itsoktosay.org.uk](http://www.itsoktosay.org.uk)
* **Help with anxiety:**
  + [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk) 08444 775 774
  + <https://www.anxietycanada.com/> : **Mindshift app**: help with anxiety
  + **WorryTree app**: practical tool for capturing and dealing with worries
  + **SAM app**: help with anxiety
  + **Clear Fear app:** Help with anxiety management: <https://www.clearfear.co.uk/>
  + **No Panic:** 13-20yrs: Help with panic and anxiety [www.nopanic.org.uk](http://www.nopanic.org.uk); **No Panic app**; 0330 606 1174 youth line
    - Daily 10am-10pm
* **Help with self-harm**
  + **Harmless**: [www.harmless.org.uk](http://www.harmless.org.uk)
  + **Alumina (previously SelfharmUK)**: [www.selfharm.co.uk](http://www.selfharm.co.uk) 14-19yr free online support
  + **Self Injury Support:** <https://www.selfinjurysupport.org.uk>
    - **Helpline** 0808 800 8088 webchat or TESS text 07800 472 908 Tuesday-Thursday 7-9.30pm
  + **Lifesigns:** <http://www.lifesigns.org.uk/>
  + **Calm Harm app**: <https://calmharm.co.uk/> from 12yrs
  + **distrACT app:** advice about SH and suicide <https://www.expertselfcare.com/health-apps/distract/>

**OLLiE: offering wellbeing workshops online**

* **Help with suicidal thoughts**
  + **The OLLiE Foundation:**<https://theolliefoundation.org/> suicide awareness, intervention and prevention training
  + **Hector’s House:** https://hectorshouse.org.uk/information resource. Crisis texting service: **text 85258**
  + **PAPYRUS: (Prevention of Young Suicide)** support for young people up to age 35yrs
    - [www.papyrus-uk.org](http://www.papyrus-uk.org) HOPELINEUK: 0800 068 4141 10-10pm weekdays; 2-10pm weekends
  + **CALM (Campaign Against Living Miserably)** charity to help prevent male suicide: 15-35yrs
    - Helpline: 0800 585858: 5pm – midnight 365 days of the year. [www.thecalmzone.net](http://www.thecalmzone.net)
  + **Maytree**: provides residential space for people experiencing a suicidal crisis
    - [www.maytree.org.uk](http://www.maytree.org.uk) 0207 236 7070
  + **Stay Alive App:** [Stay Alive App (hpft.nhs.uk)](https://www.hpft.nhs.uk/information-and-resources/spot-the-signs/stay-alive-app/)suicide prevention pocket resource
  + **Help is at Hand:** NHS resource[www.supportaftersuicide.org.uk/help-is-at-hand](http://www.supportaftersuicide.org.uk/help-is-at-hand)
  + **SOBS (Survivors of Bereavement By Suicide):** national charity [www.uk-sobs.org.uk](http://www.uk-sobs.org.uk) 0300 111 5065
  + **Suicide Prevention Network:** resources in Hertfordshire:<https://suicidepreventionherts.org.uk/>
* **Help with Eating Disorders**
  + **The Eating Disorders Association:** [www.b-eat.co.uk](http://www.b-eat.co.uk)
  + **The National Centre for Eating Disorder:** [www.eating-disorders.org.uk](http://www.eating-disorders.org.uk)
  + **First Steps ED parent/carer siblings support groups** [Skills for Carers - First Steps ED](https://firststepsed.co.uk/services-and-support/skills-for-carers/)
  + **First Steps ED young people Avoidant Restrictive Food Intake support groups (ARFID)** [LEAFLET 2022 (firststepsed.co.uk)](https://firststepsed.co.uk/wp-content/uploads/ARFID-LEAFET-2022.pdf)
* **Help with addiction**

**CGL: remote support: call 0800 652 3169 or email Herts@cgl.org.uk**

* + **Drug/alcohol issues**
    - **Spectrum (CGL):** <https://www.changegrowlive.org/spectrum-fyp-hertfordshire/info>
    - **Frank** 0800 776600: [www.talktofrank.com](http://www.talktofrank.com/)
    - **The Living Room**: <https://www.livingroomherts.org/>
    - **Get Connected:** [www.getconnected.org.uk](http://www.getconnected.org.uk); helpline: 080 8808 4994 (1pm to 11pm).
  + **Gambling**
    - **GamCare Hertfordshire:** https://www.gamcare.org.uk/
      * Young people: [www.bigdeal.org.uk](http://www.bigdeal.org.uk)
    - **National Gambling Helpline:**[0808 8020 133](tel:08088020133)
  + **Gaming addiction**
    - <https://www.priorygroup.com/addiction-treatment/gaming-addiction-treatment>
  + **Gamblers Anonymous:** support for friends and or family
    - [www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)
* **Help with bereavement**
  + Coronavirus Bereavement guides: [**Coronavirus bereavement guides | Hertfordshire County Council**](https://www.hertfordshire.gov.uk/services/childrens-social-care/news-and-campaigns/coronavirus-bereavement-guides.aspx)
  + NHS Guide and resources: <https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/children-and-bereavement/>
  + [www.Ataloss.org](http://www.Ataloss.org): signposts bereaved to bereavement services and information
  + [www.thegoodgrieftrust.org](http://www.thegoodgrieftrust.org)
  + [www.griefencounter.org.uk](http://www.griefencounter.org.uk)
  + [www.childbereavementuk.org](http://www.childbereavementuk.org/)
  + [www.cruse.org.uk](http://www.cruse.org.uk): **0808 808 1677** Mon-Fri 9.30-5pm
  + [www.stand-by-me.org.uk](http://www.stand-by-me.org.uk): Bereavement support for young people and families in North Herts
* **Help with debt**
  + Consumer Counselling Credit Services: [www.stepchange.org](http://www.stepchange.org)
  + National Debtline: Tel: 0808 808 4000 [www.nationaldebtline.org](http://www.nationaldebtline.org)
* **Hub of Hope**: mental health database: [www.hubofhope.co.uk](http://www.hubofhope.co.uk)

* **Help with mental health of all types**:

**Updated regularly with support and resources**

* + **JustTalk:** <https://www.justtalkherts.org/just-talk-herts.aspx>
  + **Self-help resources**
    - [www.mentalhealth.org.uk/publications](http://www.mentalhealth.org.uk/publications)
    - <https://web.ntw.nhs.uk/selfhelp/>
    - <https://www.camhs-resources.co.uk/>
* **On My Mind:** <https://www.annafreud.org/on-my-mind/> empowers young people to make informed choices about their mental health
* **SafeSpace Mentoring Programme:** through HCC and referral through professional
  + Meet with a volunteer mentor for an hour a week for 3-6 months
  + Opportunity to talk about anything they wish to discuss or want advice on
  + [Safe Space, Mentoring programme | Hertfordshire MarketPlace](https://directory.hertfordshire.gov.uk/Services/8166)
* **New Leaf Wellbeing College:** free educational support for >18yrs to enable better control of wellbeing
  + [www.newleafcollege.co.uk](http://www.newleafcollege.co.uk); [students@newleafcollege.co.uk](mailto:students@newleafcollege.co.uk); 01442 864966

**PHYSICAL AND SEXUAL HEALTH SUPPORT**

* **Kids Hub:** offers information and support to parents and carers of disabled children aged 0-25yrs in Hertfordshire
  + 01923 676549 [www.kids.org.uk](http://www.kids.org.uk)
* **DSPL** (Delivering Special Provision Locally): information about support and services for children and young people 0-25yrs with special educational needs and disabilities (SEND) in Hertfordshire
  + [www.dspl7.org.uk](http://www.dspl7.org.uk) (St Albans, Harpenden and villages)
* **Help with contraception and sexual health** 
  + **In Hertfordshire: Sexual Health Hertfordshire**
    - 0300 008 5522 [www.sexualhealthhertfordshire.clch.nhs.uk](http://www.sexualhealthhertfordshire.clch.nhs.uk)
    - <https://www.hertfordshire.gov.uk/services/Health-in-Herts/Sexual-health/Sexual-health.aspx>
    - Text 07860 057369: HCC SfYPinformation relating to sexual health
  + [www.contraceptionchoices.org](http://www.contraceptionchoices.org)
  + [www.brook.org.uk](http://www.brook.org.uk); 0808 802 1234 Mon-Fri 9-7pm
  + [www.fpa.org.uk](http://www.fpa.org.uk); https://sexwise.org.uk/

**SH:24: Increase in online STI tests and provision of oral contraception**

* + [www.sh24.org.uk](http://www.sh24.org.uk): includes free sexually transmitted infection (STI) testing >16yrs
  + [www.test.hiv](http://www.test.hiv): HIV testing
  + BISH: [www.bishuk.com/about-bish](http://www.bishuk.com/about-bish): guide to sex, love and you for everyone over 14.
  + Scarleteen website: [www.scarleteen.com](http://www.scarleteen.com): sex education for teens and emerging adults
* **Help for LGBT+ community**
  + **HCC SfYP LGBT website Young Pride in Herts:** <http://www.youngprideinherts.org/>
  + **The Proud Trust:**<https://www.theproudtrust.org/>
  + **Switchboard:** LGBT+ helpline: 0300 330 0630; [www.switchboard.org.uk](http://www.switchboard.org.uk)
  + **Stonewall:** national LGBT+ rights charity
    - [www.stonewall.org.uk](http://www.stonewall.org.uk)
  + **Albert Kennedy Trust**: charity for LGBT+ people who are homeless
    - [www.akt.org.uk](http://www.akt.org.uk)
  + **Mermaids:** help for transgender community
    - <http://www.mermaidsuk.org.uk/>
* **Abuse** 
  + **Herts Sunflower**: <https://www.hertssunflower.org/herts-sunflower.aspx>
  + **Herts SARC:** Sexual violence or abuse<https://www.hertssarc.org/>
* **Domestic Abuse**
  + Hertfordshire Domestic Abuse Helpline
    - Mon-Fri: 9-9pm; Weekends 9-4pm: 08 088 088 088
  + The Hideout: [www.thehideout.org.uk](http://www.thehideout.org.uk)
* **Health for Teens and Kids website**
  + <http://www.healthforteens.co.uk/>

**Operating as usual Monday-Friday 9-5pm**

* + - **Herts Chat Health:** 11-19yrs Text 07480 635050
  + <http://www.healthforkids.co.uk/>
* **Weight Issues**
  + BeeZee Bodies: <http://beezeebodies.com/>
  + [Teenweightwise.com](http://teenweightwise.com/)
* **Help for University Students:** *‘Thrive and Survive’ guide*
  + <https://www.justtalkherts.org/media/documents/thrive-and-survive.pdf>
* **Healthy Hubs:** free information, advice and support to help you stay healthy and well
  + [www.healthyhubs.org.uk](http://www.healthyhubs.org.uk)

**PARENTAL SUPPORT**

* **Happy Maps:** Reliable resources and help for parents on children's mental health
  + <https://www.happymaps.co.uk/>
* **Anna Freud:** advice and guidance for parents with children and young people struggling with mental health
  + [www.annafreud.org](http://www.annafreud.org)
* **Anxiety UK:** Children & Young People with Anxiety – A guide for parents & Carers
  + <https://www.moodcafe.co.uk/media/19579/cyp_parents_1_2_web.pdf>
* **Family lives:** national family support charity: help and support in all aspects of family life
  + 0808 800 2222 (formally Parentline Plus) Mon-Fri 9am-9pm; weekends 10am-3pm
  + [www.familylives.org.uk](http://www.familylives.org.uk)
* **Young minds**: supporting and empowering young minds
  + [www.youngminds.org.uk](http://www.youngminds.org.uk/); [Parents@youngminds.org.uk](mailto:Parents@youngminds.org.uk)
    - Helpline: 0808 802 5544: Mon-Fri 9.30-4pm; also online webchat
    - Parental advice and support for children up to 25yr
* **MindEd**: free educational resource on CYP with advice and information for families from experts
  + Health Education England [www.minded.org.uk](http://www.minded.org.uk)

* **HealthTalk online**: [www.healthtalk.org](http://www.healthtalk.org) patient and parents’ experiences **NSPCC:** [www.nspcc.org.uk](http://www.nspcc.org.uk)
  + [help@nspcc.org.uk](mailto:help@nspcc.org.uk) ) professional counsellors 24/7 offering help, advice and support if worried about a child
  + 0808 800 5000 )
* **Vista:** <http://www.vistastalbans.org.uk/>
  + 07584 798528 [vistastalbans@gmail.com](mailto:vistastalbans@gmail.com)
  + Extra support for parents and their children through the schools
* **Families Feeling safe:** Protective Behaviours Service
  + [www.protectivebehavioursconsortium.co.uk](http://www.protectivebehavioursconsortium.co.uk)
  + 01438 728653
  + Protective Behaviours service 0-19yr
  + Early Intervention service to improve emotional wellbeing of children and families
  + Aims to promote **resilience in children, young people, and adults, using empowerment strategies, clear communication, and awareness of “safe” behaviours**

* **Families First:** [www.hertfordshire.gov.uk/familiesfirst](http://www.hertfordshire.gov.uk/familiesfirst)
  + 0300 123 4043 or via email familiesfirst.support@hertfordshire.gov.uk
  + Help with behavioural problems: request assessment through SENCO/Family Support worker
* **Home Start Herts**: emotional and practical support to parents of children <12yrs
  + [www.home-startherts.org.uk](http://www.home-startherts.org.uk); 01438 367788

* **Families in Focus:** Hertfordshire council-approved
  + [www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)
  + 01442 219720
  + Free courses to build on parenting skills and anger management
  + [www.hertsdirect.org/parentingsupport](http://www.hertsdirect.org/parentingsupport)
    - Free parenting course through Hertfordshire county council to help and support
* **DrugFAM:** support for families struggling with loved one’s addiction
  + [www.drugfam.co.uk](http://www.drugfam.co.uk) 0300 888 3853
* **Families going through break up**: services for parents
  + The Tavistock Centre: <https://tavistockrelationships.org>
  + [www.separatedfamilies.info](http://www.separatedfamilies.info)
  + [www.kidsinthemiddle.org](http://www.kidsinthemiddle.org)
* **Information on finding a therapist**
  + British Association of Counselling and Psychotherapy
    - [www.bacp.co.uk](http://www.bacp.co.uk); 01455 883300
  + UK Council for Psychotherapy
    - [www.psychotherapy.org.uk](http://www.psychotherapy.org.uk); 0207 014 9955
* **Staying safe online**
  + Childnet: [www.childnet.com](http://www.childnet.com) aims to make the internet a safe place for children and young people
  + Child Exploitation and Online Protection Centre (CEOP): <https://www.ceop.police.uk/safety-centre/>
  + The education programme from NCA-CEOP: UK organisation that protects children both online and offline
    - <https://www.thinkuknow.co.uk/>
  + Safety Net Kids: <https://mysafetynet.org.uk/>
  + NSPCC: [www.nspcc.org.uk](http://www.nspcc.org.uk) 0800 138 663
  + Parents Protect: practical advice including a dedicated helpline 0808 1000 900
    - <https://www.parentsprotect.co.uk>
  + ParentZone: advice and support for parenting in the digital world
    - <https://www.parents.parentzone.org.uk/>
* **Information on Alcohol and Young People**
  + <https://alcoholeducationtrust.org/parent-area/>
* **Every Mind Matters Public Health Campaign:** <https://www.nhs.uk/oneyou/every-mind-matters/>.
* **Hertfordshire Family Centre Service**
  + <https://www.hertsfamilycentres.org/family-centres.aspx>
  + 0300 123 7572
* **Educational psychologist in Hertfordshire**
  + 01992 588 574 Wednesdays: 2-4.30pm
* **Carers in Herts:** advice, information and support to unpaid carers in Hertfordshire
  + [www.carersinherts.org.uk](http://www.carersinherts.org.uk)
  + 01992 58 69 69
  + [www.ycih.org](http://www.ycih.org) young carers
* **HWE Healthier Together Website:** <https://hwehealthiertogether.nhs.uk/>
  + Parental resources across broad range of health issues and ages
  + Parental resources relating specifically to mental health and wellbeing: <https://www.hwehealthiertogether.nhs.uk/health-for-young-people/mental-health-and-wellbeing/support-advice-hertfordshire-parents>
* **Autism, ADHD, Sensory and Functional Issues**
  + [**Autism information and support**](https://www.hct.nhs.uk/your-health/managing-conditions/asd-diagnosis-service/autism-information-and-support/) - For information, advice and signposting related to Autism.
  + **Autism Helpline** 10am – 3pm, Monday to Friday - 0808 800 4104 or via online contact form <https://www.autism.org.uk/enquiry>
  + [**SPACE Hertfordshire – Supporting families in Hertfordshire | Autism | ADHD | Neurodiversity (spaceherts.org.uk)**](https://spaceherts.org.uk/)- For information, advice and support for children and young people in Hertfordshire who have a diagnosis of Autism or ADHD or where these are suspected
  + [**ADD-vance**](http://www.add-vance.org/) - Information, advice, support, training and workshops related to children and young people with a diagnosis of or suspected Autism and/or ADHD
    - ADD-vance Helpdesk is open from 9am to 1pm every weekday via 07716 744 662 or email to [herts@add-vance.org](mailto:herts@add-vance.org)
  + [**Angels**](https://angelssupportgroup.org.uk/) - for families of children with ADHD and on the Autistic spectrum
  + [**Children's Occupational Therapy**](https://www.hct.nhs.uk/our-services-and-referral-information/our-services-a-z/childrens-occupational-therapy/)- Useful information, strategies and support for children/young people who may be experiencing sensory, motor skills and other functional difficulties.
  + [**Home - NESSie IN ED, CIC**](https://nessieined.com/)- Workshops focused on supporting children/young people with additional needs, particularly girls