



## Support for Young People

Kooth.com (emotional wellbeing and mental health - free online counselling)

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

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

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

Stem4 - [stem4.org.uk](http://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)

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

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

Emergency mental health helpline – 01438 843322 (for people experiencing a mental health crisis)

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

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

Police/ Ambulance/ Fire 999

Police (non-emergency) – 101

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

## **If you're child or young person in a mental health crisis**

The NHS and our local hospitals are really busy at the moment, so if you're experiencing a mental health crisis, ***the quickest way to get help at any time of the day or night is to call our freephone number: 0800 6444 101, or call NHS 111 and select option 2 for mental health services.***

In the case of **serious illness or injury**, dial **999** for emergency services

## **If you are already using our services**

If you are already receiving support from a mental health team and need help please contact:

Your care co-ordinator on the number provided to you or if you need help in the evening, weekend or bank holiday call **0800 6444 101**.

Email: [hpft.spa@nhs.net](mailto:hpft.spa@nhs.net) for non-urgent enquiries

For a range of self-help information please click [here](#)

## **Live webchat service**

If you'd prefer to speak online, click on the SPA red button [here](#). This service is available Monday-Friday, 7am-7pm.

## **Alternative Contacts**

[Samaritans](#) Tel: 116 123, 24 hours a day, every day

[Childline](#) Tel: 0800 1111 via [1-2-1 chat](#) between **7.30am and 3.30am every day**.

[HOPELINEUK \(papyrus\)](#): Tel: 0800 0684141 Text: 07786209697 Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org), 10am-10pm weekdays, 2pm-10pm weekends and bank holidays.

## **Most referrals to mental health services are made by GPs**

If you are experiencing mental health problems and need help please speak to your GP (family doctor). They will discuss the issues you are facing and refer you to our services, if appropriate. To register with a GP in your area go to [www.nhs.uk](http://www.nhs.uk)

(to access any of the links on this document, please hold down the Ctrl key and click on the link at the same time).