

# How are you feeling today?

Advice and support for your mental wellbeing



Hertfordshire

Some days, you probably feel fine. But each day is different, and there may be days you're not ok – you may feel worried, anxious, overwhelmed, depressed or you just want someone who'll listen.

## You're not alone.

Whether you are looking for self-help resources to boost your mental health, need a listening ear or emotional support, or you are in crisis and need urgent help, we're here to assist you.

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## Need a boost?

### Every Mind Matters

Advice and practical tips to help you look after your mental health and wellbeing, including a self-care plan and 'How are you' quiz.

[www.nhs.uk/every-mind-matters](http://www.nhs.uk/every-mind-matters)

### Togetherall

An anonymous online mental health community for anyone aged 16 and over (monitored by professionals), providing support, courses and advice if you are feeling low or depressed.

[www.togetherall.com](http://www.togetherall.com)

(available 24 hours a day, 7 days a week)

### New Leaf Recovery and Wellbeing College

Free courses for adults to help you deal with challenges and improve your wellbeing.

[www.newleafcollege.co.uk](http://www.newleafcollege.co.uk)

01442 864 966

### Healthy Hubs Hertfordshire

Free advice, information and support to stay healthy and well, including losing weight, quitting smoking, being active, reducing your alcohol intake, getting money advice, feeling happier and much more.

[www.healthyhubs.org.uk](http://www.healthyhubs.org.uk)

## Need someone to listen?

### Hertfordshire Mind Network

Mental health information, support, counselling, help in a crisis, memory services and activities for adults and a dedicated service for 10-18 year olds.

[www.hertsmindnetwork.org](http://www.hertsmindnetwork.org)

**0203 727 3600**

### Mind in Mid Herts (based in Welwyn Garden City, Hertford, Stevenage, St Albans and North Hertfordshire)

Mental health courses, workshops and therapy services, including groups for LGBTQ+ and carers, one-to-one calls and social support.

[www.mindinmidherts.org.uk](http://www.mindinmidherts.org.uk)

**03303 208100**

### Guideposts

Social groups, physical activities, one-to-one support, crisis management and courses for anyone living with mental health problems, disability or caring responsibilities.

[www.guideposts.org.uk/hertfordshire-services](http://www.guideposts.org.uk/hertfordshire-services)

**01923 223554**

### One Call Away

24-hour helpline providing a listening and support service for the Gypsy, Roma and Traveller community.

[onecallawaytoday@gmail.com](mailto:onecallawaytoday@gmail.com)

**07748997617**

## In a crisis and need help now?

**If someone is seriously ill or injured, call 999 or go to your nearest A&E department [www.nhs.uk/nhs-services](http://www.nhs.uk/nhs-services)**

### Samaritans

Whatever you're going through, a Samaritan will listen without judging or telling you what to do.

[www.samaritans.org](http://www.samaritans.org)

**116 123**

(Freephone 24 hours a day, 365 days a year)

### Hertfordshire Partnership University NHS Foundation Trust (HPFT)

Mental health services for adults, young people and children, including specialist learning disabilities services.

[www.hpft.nhs.uk](http://www.hpft.nhs.uk)

**0800 6444 101** (Freephone 24 hours a day, 7 days a week) or call 111 and select option 2

### Mind Nightlight crisis helpline

Sensitive and non-judgemental emotional support and advice.

[www.hertsmindnetwork.org/nightlight-crisis-helpline](http://www.hertsmindnetwork.org/nightlight-crisis-helpline)

**01923 256391**

## Campaign Against Living Miserably (CALM)

Advisers can listen, support and offer practical suggestions.

[www.thecalmzone.net](http://www.thecalmzone.net)

0800 58 58 58

## SHOUT 85258

A free, confidential text messaging support service if you need immediate support.

Text 'SHOUT' to 85258 (24 hours a day, 365 days a year)

## Stay Alive app

A suicide prevention resource with information and tools to help you stay safe in a crisis.

Download from your device's App store

## Zero Suicide Alliance

Support for people and communities before, during and after a crisis.

<https://letstalkaboute suicide.co.uk/herts/>



# Have you suffered a bereavement?

## Cruse Bereavement Support

Helps anyone suffering bereavement to understand their grief and cope with their loss.

[www.cruse.org.uk](http://www.cruse.org.uk)

01707 278389

## CHUMS: Hertfordshire and West Essex suicide bereavement service

Emotional and practical support for adults and children affected by a suicide or suspected suicide death.

[www.chums.uk.com/hertfordshire-suicide-bereavement-service](http://www.chums.uk.com/hertfordshire-suicide-bereavement-service)

01279 212170

## Support After Suicide Partnership

Practical information and emotional support for those with experience of suicide or other unexplained death, including the Help is at Hand resource.

([www.supportaftersuicide.org.uk/help-is-at-hand](http://www.supportaftersuicide.org.uk/help-is-at-hand)).

[www.supportaftersuicide.org.uk](http://www.supportaftersuicide.org.uk)

## Survivors of Bereavement by Suicide (SOBS)

A safe, confidential environment to share experiences and feelings with others for support.

[www.uksobs.org](http://www.uksobs.org)

0300 111 5065

[hatfieldsobs@outlook.com](mailto:hatfieldsobs@outlook.com) (Welwyn and Hatfield)  
or [watford@uksobs.org](mailto:watford@uksobs.org) (Watford)



# Worried about a child or young person?

## Just Talk Hertfordshire

Mental health support, advice and information for children, young people, their parents and carers.

Free 20 minute online training in the Five Ways to Wellbeing.

[www.hertfordshire.gov.uk/5waysonlinetraining](http://www.hertfordshire.gov.uk/5waysonlinetraining)

[www.justtalkherts.org](http://www.justtalkherts.org)

## With YOUth digital wellbeing service (5-18 year olds, parents and carers)

Helpline and instant messaging service to chat online or over the phone. One-to-one and group support offered.

[www.withyouth.org](http://www.withyouth.org)

**0208 189 8400**

(Monday – Friday: 2pm – 10pm)

## Lumi Nova Tales of Courage (7-12 year olds)

Fun therapeutic gaming App that can help with problems such as mild to moderate fears and anxiety.

[www.withyouth.org/lumi-nova](http://www.withyouth.org/lumi-nova)

These services are not for children and young people who are in crisis (see page 3).

## ChatHealth (11-19 year olds and parents/carers of 0-5 year olds)

Text a school nurse confidentially about issues such as weight, exercise, healthy eating, stress, anxiety, relationships and sexual health. Not for children and young people who are in crisis (see page 3).

Monday-Friday 9am-5pm including school holidays.

[www.healthforteens.co.uk](http://www.healthforteens.co.uk)

[www.healthforkids.co.uk](http://www.healthforkids.co.uk)

**Young people: 07480 635050**

**Parents and carers: 07480 635164**

For more information about children and young people's mental health services that don't need a professional referral go to:

[www.hertfordshire.gov.uk/mentalhealthsupportforhertsyoungeople](http://www.hertfordshire.gov.uk/mentalhealthsupportforhertsyoungeople)



## Worried about money?

Hertfordshire County Council provides cost of living advice and guidance for all residents, including:

- money advice
- information about energy, heating and food support
- information about the help for households offered by central government, including transport, childcare and household costs
- extra help for those who need it most

[www.hertfordshire.gov.uk/costofliving](http://www.hertfordshire.gov.uk/costofliving)

Contact **HertsHelp** for free, confidential assistance and to be put in touch with local services and support.

[www.hertshelp.net](http://www.hertshelp.net)

0300 123 4000

[info@hertshelp.net](mailto:info@hertshelp.net)

Contact **Citizens Advice** for free, confidential advice on a range of issues, including benefits, debt, budgeting and if you are in crisis.

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

0800 144 8848

## Worried about someone?

Would you know what to say to a loved one who is suicidal or in emotional distress? Take the free 20-minute online training by Zero

Suicide Alliance. It will help you spot the signs, say the words and signpost to help.

[www.zerosuicidealliance.com](http://www.zerosuicidealliance.com)



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[@healthinherts](https://www.facebook.com/healthinherts)



[@hertscc](https://twitter.com/hertscc)



[@hertscc](https://www.instagram.com/hertscc)

Email:

[PublicMentalHealth@hertfordshire.gov.uk](mailto:PublicMentalHealth@hertfordshire.gov.uk)

Visit:

[www.hertfordshire.gov.uk/healthinherts](http://www.hertfordshire.gov.uk/healthinherts)

by scanning the QR code.



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Contact us using SignVideo, our live BSL video interpreting service, text **07507 306911**, or Telephone/Minicom **01992 555506**.

This publication can be made available in alternative formats by emailing [publichealth@hertfordshire.gov.uk](mailto:publichealth@hertfordshire.gov.uk) or calling **0300 123 4040**

