

How to access us

No formal referral is needed, reach out to us today through our instant messaging or email us at withyouth@hertfordshiremind.org with your preferred contact details.

Individuals aged 5-18 can be referred through self, professional, or parent/ family/carer.

To find out more about the service or to talk to us about the support that we can provide, please contact us on:

T: 0208 189 8400

E: withyouth@hertfordshiremind.org

W: www.withyouth.org

Postal address: With Youth, Hertfordshire Mind Network, Watford Wellbeing Centre, 501 St Albans Road, Watford, WD24 7RZ

About Hertfordshire Mind Network

We deliver essential mental health support in Hertfordshire, providing a diverse range of services from our seven Wellbeing Centres and other venues across all ten districts of the county.

Funded locally, our services are available to all residents in Hertfordshire over the age of 18 and we offer dedicated services for 5-18 year olds.

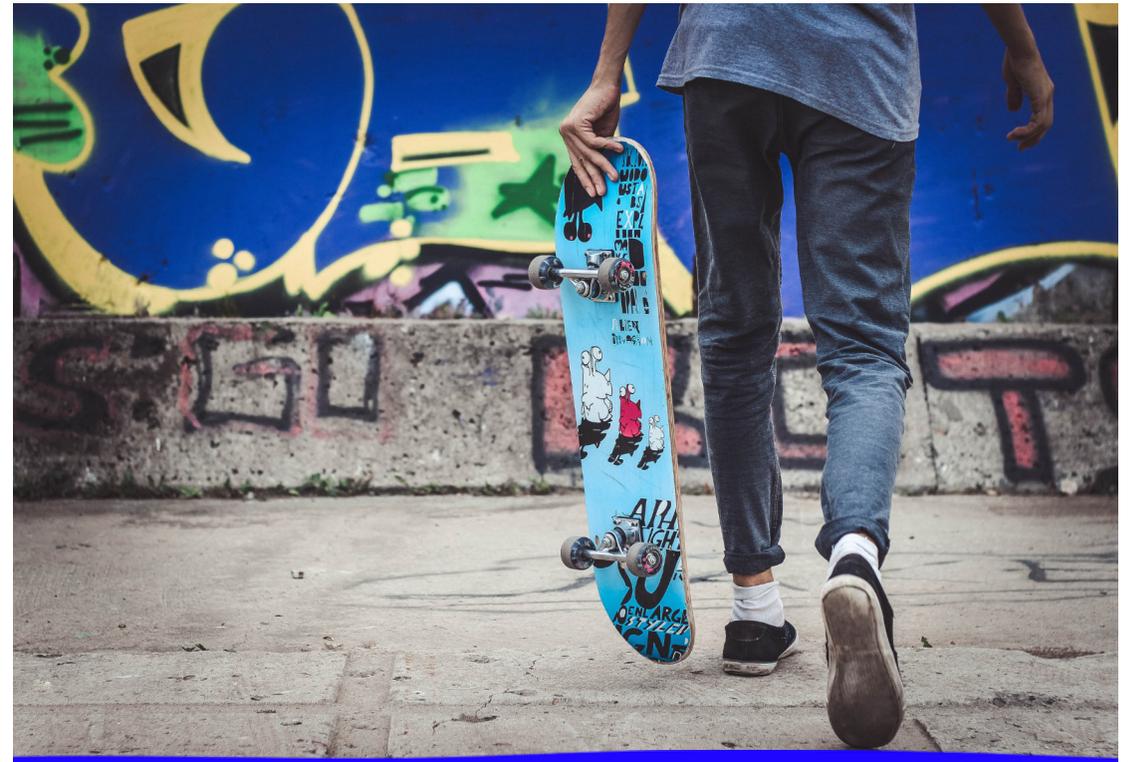
We create opportunities for individuals experiencing mental ill health to make choices, find their solutions, build resilience and manage their whole life and wellbeing.

Our services are based on the principle of self-help with a strong emphasis on prevention, personal development, self-management and improving health and wellbeing.

For more information on the range of services Hertfordshire Mind Network offer, please visit www.hertfordshiremind.org

Herts Mind Network is a registered charity No. 112487 and a company limited by guarantee No. 5532977

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With Youth

Children & Young People's Digital Wellbeing Service

 **mind**
Hertfordshire
Network CYP

 **BfB**
LABS

About the service

Our countywide, open access service supports children and young people experiencing mental ill health and/or emotional distress. The service is available for children and young people aged five to eighteen who live in Hertfordshire, and have a Hertfordshire GP.

We help children and young people to build resilience by working with them to problem solve and develop coping strategies, coming up with solutions that will enable them to improve their own health and wellbeing.

The service is provided through free online platforms e.g. Zoom, Skype, Teams, through phone or video call support, or through our online instant messaging platform. Online support is tailored to the needs of each individual.

The service is a safe, trusted space, which works alongside them, empowering choice in decision making.

We also provide advice and guidance to parents/families/carers and professionals to provide a holistic response to supporting children and young people and creating a network around the individual to empower and enable positive change.

Lumi Nova

We have partnered with BFB Labs to offer free access to Lumi Nova; a digital therapy in the format of a mobile game to help 7-12 year olds learn to understand and reduce symptoms of anxiety and build resilience.

Lumi Nova: Tales of Courage provides a fun, safe and engaging way for you to tackle your worries head on so you can build resilience, gain confidence and thrive. It is suitable for:

- ▶ 7-12 year olds (who require initial support but are not in crisis)
- ▶ Children who have some fears and worries that they find challenging

It provides instant access to Cognitive Behaviour Therapy (CBT)-based support

- ▶ Proven to be the most effective treatment for anxiety
- ▶ Lumi Nova facilitates graded exposures safely



For more information about Lumi Nova, please visit our website at: www.withyouth.org/lumi-nova

Instant messaging

If you are between the ages of 5-18 or a parent/caregiver of a 5-18 year old, message us to get support with any mental health concern.

We can talk about what you are experiencing and offer you support, information and advice and/or referral to the service.

Our instant messaging platform is open **2-10pm Monday to Friday** (excluding Bank Holiday)

To get in touch with us via instant messaging, please visit our website at www.withyouth.org and look for the chat box.



Groups

Our online groups provide you with a safe space to build your skills, confidence and self-esteem, hearing from other young people what has helped them when experiencing similar emotions.

Come along to meet other people, learn about your emotions, feelings and how to understand them and learn ways to manage them.

“I feel like I have learnt different breathing techniques to help manage my anxiety. Feel like I have really benefited being around other people and learning from others and what helps them”

One-to-one

We offer tailored one-to-one online sessions, at scheduled times to suit you.

The team will work with you to identify goals, to support your health, social, spiritual, cultural and educational needs, helping you as a whole individual.

One-to-one sessions will take place through video, instant messaging, telephone and/ or email - whichever works best for you.

Our team will work with you to provide:

- ▶ Emotional support and practical support
- ▶ Building life skills, coping strategies, confidence and self-esteem
- ▶ Building social networks and reducing isolation
- ▶ Live sharing of resources, goal based worksheets, booklets, videos etc.
- ▶ Information about how and where to access other support

Our tailored support is offered in 4 week blocks, with regular reviews and celebrating progress against the goals you identified.