

Wellbeing

Signposting Guide

For Young People



Your guide to local services; useful contacts, webpages and apps

SPOT THE SIGNS & EMOTIONAL WELLBEING

Spot the Signs & Emotional Wellbeing is a fully-funded programme offering training and workshops to children and young people (CYP), CYP's parents/carers and professionals working with CYP.

The programme provides psychoeducation, emotional resilience and signposting support to empower young people and the adults around them to feel confident enough to manage their mental and emotional health. All sessions can be delivered in-person or online upon your request.

Our workshops and training courses include:

FIVE WAYS TO WELLBEING

EMOTIONAL WELLBEING & COPING STRATEGIES

INTRODUCTION TO MENTAL HEALTH

SPOT THE SIGNS — YOUTH SUICIDE PREVENTION COURSES

Please visit our website for further sessions.

To book, email cyp@hertsmindnetwork.org

or visit:

www.withyouth.org/training/spot-the-signs-and-emotional-wellbeing



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Disclaimer - this signposting guide is not an association between charities/organisations, but simply an information sharing tool for young people, parents/carers or professionals who are seeking help and need to navigate what options are available locally.

Education & Employment

In School

If you feel you are struggling with school life ask to speak to your Head of Year, Mental Health Lead, SENCO or Pastoral Lead for some guidance and support.

Have you heard of the **#JustTalk** campaign designed by young people for young people? Visit www.justtalkherts.org to learn more and access many resources for in and out of school.

Seeking Employment / Further Education

Job Centre Plus offers support with finding employment for 18 years and over.

Web: www.gov.uk/contact-jobcentre-plus

Services for Young People gives guidance and support to young people seeking employment and run various workshops across the county.

Tel: 0300 123 7538

Email: sfyp@hertfordshire.gov.uk

Web: www.servicesforyoungpeople.org

YMCA delivers sessions across Hertfordshire supporting young people to gain apprenticeships and employment. Visit their website to find your closest service.

Web: www.oneymca.org

Family Support

ARC are a specialist service supporting families:

www.hertfordshire.gov.uk/services/childrens-social-care/arc/home.aspx

Family Lives provides targeted early intervention and crisis support to families who are struggling.

Web: www.familylives.org.uk

Email: askus@familylives.org.uk

Tel: 0800 800 2222

Families First offers support to the whole family through a variety of organisations.

Web: www.hertfordshire.gov.uk/familiesfirst

Hertfordshire Domestic Abuse Helpline confidential, free helpline for anyone affected by domestic abuse, Mon - Fri 9am - 9pm, Weekends 9am - 4pm.

Tel: 0808 808 8088

Home Start Herts is a children's charity and family support service offering emotional and practical support to parents of children under 12.

Tel: 01438 367788

Web: www.home-startherts.org.uk



Family Support

The Hideout is a website with advice and information about living with domestic abuse.

Web: www.thehideout.org.uk

Young Carers in Hertfordshire offer practical and emotional support to young people with caring responsibilities.

Web: www.carersinherts.org.uk

<https://www.empoweringparents.com> : A parenting site to support parents with challenging behaviours in their young person.

SASH (Specialist Adolescent Service Hertfordshire) provide effective support to young people aged 11 to 17 in families at risk of breakdown or on the edge of care. **YACHT is the team that works with youth offenders.**

Tel: 01442 454040

No More Service Youth work holistically with young people aged 11 - 21 and address the impact alcohol, substance misuse and/or offending have on all areas of a client's life and help them develop practical solutions to address these. They work closely with SASH and operate across Herts.

Tel. 01438 242765

Web: www.stevenage.gov.uk/town-and-community/community-safety/no-more-service-youth



Disabilities & SEN

The Phoenix Group based in Stevenage, offer support for young people with hearing impairments.

Web: www.phoenixgroup.org.uk/

SPACE supporting families of children & young people with autism and ADHD:

Web: <https://spaceherts.org.uk/>

HOP supporting young people with disabilities:

Web: www.hopinto.co.uk/questions/support-for-young-people-with-learning-difficulties-or-a-disability/

The Hertfordshire Local Offer is a gateway to finding services across Herts that can help young people with learning disabilities.

Web: www.hertfordshire.gov.uk/microsites/local-offer/the-hertfordshire-local-offer.aspx

ADD-Vance offer support to parents whose young person has ADHD/ Autism.

Web: www.add-vance.org/

PALMS is an NHS service that supports CYP with autism and their families:

Web: www.hct.nhs.uk/our-services/palms/

The **0-25 Service** are a key social care service that support CYP with disabilities: www.hertfordshire.gov.uk/microsites/local-offer/media-library/documents/policies-and-procedures/0-25-together-service.pdf

The Send Gateway information for professionals, containing resources on responding appropriately to children & young people with SEND and emotional wellbeing needs.

Web: www.sendgateway.org.uk

Molehill Mountain is aimed at helping individuals with autism to understand and self-manage their anxiety. Designed for young people aged 13+ and delivered over 3 months

Web: <https://www.autistica.org.uk/molehill-mountain>

Angels Support Group supports families of children with Autistic Spectrum Condition and/or ADHD.

Web: <https://angelssupportgroup.org.uk/>

Sex, Sexuality & Gender

Brook Advisory Service offer a confidential, free helpline to under 25 years relating to pregnancy and contraception (Mon - Fri 9am - 7pm, closed 2pm - 3:30pm on Thursdays).

Tel: 0808 802 1234

Web: www.brook.org.uk

Terrance Higgins Trust offer support to individuals living with HIV in Herts.

Tel: 0808 802 1221

Email: info@tht.org.uk

Web: www.tht.org.uk

Services for Young People have LGBT+ support groups across the county.

Tel: 0300 123 7538

Email: sfyp@hertfordshire.gov.uk

Web: www.servicesforyoungpeople.org

Young Stonewall provide information and support for young LGBT+ individuals across the UK.

Web: www.youngstonewall.org.uk

Eating

BEAT (Beating Eating Disorders) offer advice and guidance on eating disorders, with a youth helpline.

Tel: 0808 801 0711

Web: www.b-eat.co.uk

CAMHS Community Eating Disorder Team to self refer call SPA

Tel: 0300 777 0707 (8am - 7pm).

Recovery Record: Eating Disorder Management can help keep track of meals, thoughts and feelings and recovery goals. It can also link in with a treatment team when feedback and support is needed:

<https://www.recoveryrecord.co.uk/>

Rise up and Recover offers an empowering range of tools based on CBT techniques. It can also link in with a treatment team:

<https://recoverywarriors.com/app/>

Feast - Families Empowered And Supporting Treatment for Eating Disorders: <https://www.feast-ed.org/>

First Steps ED are a leading eating disorder charity

Web: <https://firststepsed.co.uk>



Addiction

Change Grow Live support for all ages struggling to manage their use of drugs and/or alcohol.

Tel: 0800 652 3169 (option 1 for families and young people);

Email: Herts@cgl.org.uk

Web: www.changegrowlive.org (live web chat available)

DrugFAM provide support to families, friends and carers who are struggling to cope with a loved one's addiction to drugs or alcohol.

Tel: 0300 888 3853

Web: www.drugfam.co.uk

FRANK offer a 24 hour confidential helpline for young people with questions or concerns about alcohol or drugs, or you can chat online with advisors daily from 2pm - 6pm.

Tel: 0300 123 6600

Web: www.talktofrank.com

Future Living Hertford offers the 'Kick it' project for young people struggling with addiction, bullying, abuse and/or neglect.

Tel: 01992 537 344

Email: info@futurelivinghertford.co.uk

Web: www.futurelivinghertford.co.uk

Gamblers Anonymous provides support for gamblers and their friends and/or family.

Tel: 0330 094 0322

Web: www.gamblersanonymous.org.uk

Email: info@gamblersanonymous.org.uk

Health for Teens offer advice for 11 - 19 years on topics from emotional wellbeing, addiction and healthy relationships.

Web: www.healthforteens.co.uk

NHS Stop Smoking Service If you would like advice and support in stopping smoking, you can visit the website to find your closest service.

Web: www.nhs.uk/smokefree

Bereavement

Child Bereavement UK have advice on managing grief and local services.

Web: www.childbereavementuk.org

Tel: 0800 0288804

Winston's Wish supports bereaved children, who have lost a sibling or parent. They also support families and the professionals who around the child.

Web: www.winstonswish.org

Peace Hospice: MindCraft offer children's bereavement workshops for those aged between 5-16

Tel: 01923 330 330 and ask to speak to the Starlight Team

Cruse Bereavement Care Hertfordshire support the wellbeing of anyone aged 5 - 18 years who's experienced the death of a loved one. Leave a message on their 24hr helpline and they will contact you back.

Tel: 01707 278 389

Web: www.cruse-hertfordshire.org

Hope Again is the youth website for Cruse Bereavement Care— Nationwide. You can call their free helpline Mon - Fri from 9:30am - 5pm.

Tel: 0808 808 1677

Email: hopeagain@cruse.org.uk

Web: www.hopeagain.org.uk

Safe Space offer counselling within the school environment, with a focus on individuals that might be struggling with change, trauma or bereavement. You can ask your school if they offer this.

Tel: 01992 588 796 (Mon - Fri, 9am - 5pm)

Email: safespacemailbox@hertfordshire.gov.uk

Bereavement

Stand By Me offer children and young people in North Herts and Stevenage, group work bereavement support, including children bereaved by suicide. They also offer advice to parents/carers and professionals working with young people.

Tel: 07469 255139

Email: info@stand-by-me.org.uk

Web: www.stand-by-me.org.uk

Bereavement by Suicide:

Chums provide emotional wellbeing and bereavement support through one to one support, counselling, group therapy and workshops for children and young people aged 5-17 with mild to moderate mental health and emotional wellbeing difficulties.

Web: <https://chums.uk.com/>



Bullying

Bullying UK offer advice if you or someone you know is being bullied. They have a free, confidential helpline for parents, open Mon - Fri 9am - 9pm, Weekends 10am - 3pm.

Tel: 0808 800 2222

Web: www.bullying.co.uk

Kidscape are an anti-bullying charity educating and supporting young people and their families.

Parent helpline: 020 7823 5430

WhatsApp: 07496 682785

Web: www.kidscape.org.uk

Email: parentsupport@kidscape.org.uk



Mental Health

Hertfordshire Mind Network offer mental health support to young people in a variety of formats: WithYOUth provides online support/digital therapy for young people between the ages of 5 to 18. There are also educational workshops/courses/counselling for over 16's. For more information visit

Web: www.withyouth.org

WithYOUth: 0208 189 8400 (see website for opening times)

Big White Wall are an online support network for 16+ years.

Web: <https://togetherall.com>

Healthy Young Minds in Herts provides vast amounts of information for children and young people on keeping mentally well and where to seek support

Web: www.healthyyoungmindsinherts.org.uk

Health for Kids provides information for children on staying healthy and understanding feelings.

Web: www.healthforkids.co.uk

Health for Teens provide an advice website on all aspects of health for teenagers, provided by the NHS.

Web: www.healthforteens.co.uk

Mind have information to better understand diagnoses and managing mental health on their website.

Web: www.mind.org.uk

Single Point of Access (SPA) HPFT's SPA can put you in touch with the relevant NHS mental health service.

National Tel: 0300 777 0707 (8am - 7pm)

Freephone tel: 0800 6444 101

Email: hpft.spa@nhs.net for referrals

Step 2 CAMHS is HCT's early intervention mental health service for children up to 19 years. Referrals by professionals can be made through SPA (see above).

Mental Health

The Mix information and support for the under 25's. Their helpline and webchat are open 11am - 11pm daily. **Tel:** 0808 808 4994

Web: www.themix.org.uk

The Wellbeing Service offer courses and CBT (Cognitive Behavioural Therapy) to anyone over 16 years struggling with their mental health.

Web: www.hpft-iapt.nhs.uk/

Young Minds Provide information about all things mental health.

Web: www.youngminds.org.uk

Voice Collective support young people experiencing voices or unusual sensory experiences and have an online forum.

Tel: 020 7911 0822

Email: info@voicecollective.co.uk

Web: www.voicecollective.co.uk

Online Recovery College offer a range of online support for young people and parents including online courses.

Web: www.recoverycollegeonline.co.uk



Depression & Anxiety

Blurt support those affected by depression

Web: www.blurtitout.org/

Students Against Depression - a website offering advice, information, guidance and resources to those affected by low mood, depression and suicidal thinking.

Web: www.studentsagainstd Depression.org

Useful websites:

www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/anxiety/

www.psycom.net/help-kids-with-anxiety



Suicidal Thoughts

Hector's House was set up by the family of Hector who died by suicide. Their website offers advice on where you can seek further support.

Web: www.hectorshouse.org.uk

Papyrus Prevention of Young Suicide offer support through their helpline (HOPELINE247) to those under 35 years that are having thoughts of suicide Mon - Fri, 10am - 10pm, Weekends 2pm - 10pm.

Tel: 0800 068 4141

Text: 07786 209 697

Web: www.papyrus-uk.org

www.papyrus-uk.org/support-organisations/

Shout offer a 24/7 crisis text line support service.

Text: 85258

The OLLIE Foundation have a website with information on where you can seek further support if you're having suicidal thoughts.

Web: www.theolliefoundation.org



Counselling

Signpost offer counselling, coaching and other support to help young people aged 10-25 living in South and West Hertfordshire, to overcome problems in their lives.

Tel: 01923 239 495 or 07444 768 078

Web: <http://signpostcounselling.co.uk/>

The Sandbox provides free, anonymous counselling for 10 - 25 year olds. Mon - Fri, midday-10pm, and Sat - Sun, 6pm - 10pm.

Web: <https://sandbox.mindler.co.uk>

Childline offer free, confidential counselling to under 19's through their helpline and webchat.

Tel: 0800 1111

Web: www.childline.org.uk

Relate offer counselling to young people, and specialise in relationship troubles (family, friends or romantic).

Tel: 0300 100 1234

Web: www.relate.org.uk

Nessie offer counselling and alternative therapies for children and young people in the North Herts area.

Web: www.nessieined.com/

School Counsellor if you are in school, college or University they might have an on-site counsellor. To find out more ask your Head of Year, Mental Health Lead, SENCO or Pastoral Lead.



Counselling

Rephael House offer free, confidential counselling for 13 - 19 year olds based in **Welwyn Garden City and Hatfield**.

Tel: 020 8440 9144

Email: csm@rephaelhouse.org.uk

Web: www.rephaelhouse.org.uk

Tilehouse Counselling offer free, confidential counselling to 13 - 19 year olds in **Hitchin**.

Tel: 01462 440 674

Email: info@tilehouse.org

Web: www.tilehouse.org

Youth Talk provide free, confidential counselling for 13 - 25 year olds who live, work, or study in **St Albans**.

Tel: 01727 868684

Web: www.youthtalk.org.uk

YCT offer free, confidential counselling to young people in **East Hertfordshire**.

Tel: 01279 414090

Web: www.yctsupport.com

Safe Space offer counselling, art therapies & mentoring for 5 - 19 year olds with schools and SPA.

Tel: 01992 588 796 (Mon - Fri, 9am - 5pm);

Web: <https://thegrid.org.uk/team-contacts/safe-space-team>

Email: safespacemailbox@hertfordshire.gov.uk

Safe Space also offer counselling, art therapy, & mentoring for 5-19 year olds to primary & secondary schools in Hertfordshire.

Web: <https://directory.hertfordshire.gov.uk/services/9497>

Self-Harm

CALM (Campaign Against Living Miserably) offer support to young males struggling with low mood, self-harm and suicidal thoughts. Their helpline runs daily 5pm - midnight, or you can use their webchat.

Tel: 0800 585858

Web: www.thecalmzone.net

Self-Harm UK offer support to individuals (14-19yrs) dealing with and recovering from self-harm, including online group sessions

Web: www.selfharm.co.uk

Self-Injury Support provide TESS, a support and information text service for females under 24 years who are struggling with self-harm.

Tel: 0808 800 8088

Text: 07537 432444

Web: www.selfinjurysupport.co.uk

LifeSIGNS self-injury guidance and support network

Web: www.lifesigns.org.uk

Harmless – are an organisation who works to address and overcome issues related to self-harm and suicide.

Web: www.harmless.org.uk



Crisis Support

If you are worried about your own or someone else's suicidal thoughts or feelings you can contact the below services for support:

In a life threatening situation call **999**

Samaritans: free confidential support 24/7

Tel: 116 123

SHOUT: free 24/7 texting service with trained crisis volunteers for those who feel at danger to themselves or anyone else

Text: 85258

Web: www.giveusashout.org

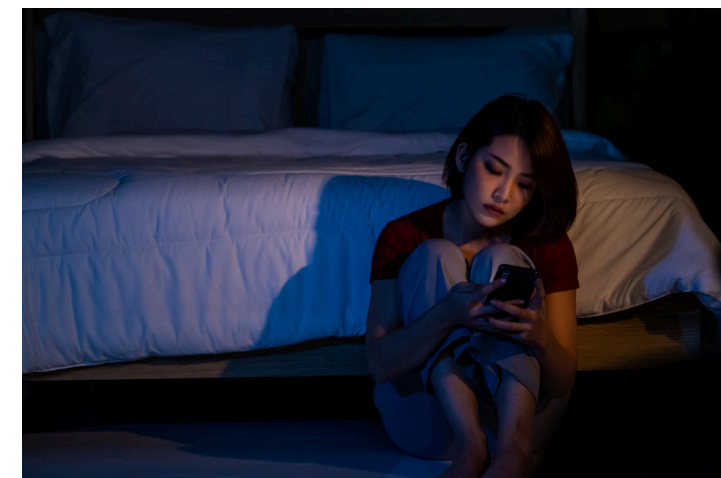
Nightlight Crisis Service if you are 18+ years you can seek support 7 days a week, 7pm - 1am.

Tel: 01923 256 391

YoungMinds textline: text YM to **85258** for free, 24/7 support.

Contact your **GP** to make an **urgent appointment** to discuss your mental health needs

Single Point of Access (SPA)-urgent referrals can be made via their email hpft.spa@nhs.net - urgent referral to be added in subject of email



Money

Gamblers Anonymous provides support for gamblers and their friends and/or family.

Web: www.gamblersanonymous.org.uk

Hertfordshire Citizens Advice offers guidance on debt and money, benefits, housing and legal matters. Find your closest centre on the website.

Web: www.hcas.org.uk

Hertfordshire County Council provides guidance for young people about benefits, entitlements and budgeting. Visit their website and search for 'Money Advice Factsheets'.

Web: www.hertfordshire.gov.uk

Hertfordshire Young Homeless offers advice and practical support such as; family mediation and host families, for 16 - 24 year olds who are homeless or worried they might become homeless.

Tel: 0800 0355 775

Web: www.hyh.org.uk

National Debtline provides advice for managing any debts you might have through a free helpline open Mon - Fri 9am - 8pm, Sat 9:30am - 1pm.

Tel: 0808 808 4000

Web: www.nationaldebtline.org

Open Door are an 18+ only homeless shelter.

Tel: 01727 859113

Web: <https://opendoorstalbars.org>

Services for Young People give guidance and support to young people.

Tel: 0300 123 4043

Email: sfyp@hertfordshire.gov.uk

Web: <https://www.servicesforyoungpeople.org/>

General

What's Up With Everyone is a creative campaign to increase mental health literacy amongst young people.

Web: www.whatsupwitheveryone.com

BBC Own IT is a site offering online safety advice for youth professionals, parents/carers and young people.

Web: www.bbc.com/ownit

Chat Health a texting service for 11 - 19 year olds in Hertfordshire, where you can text a school nurse for confidential guidance and support on any physical or mental he. Open Mon - Fri 9am - 5pm.

Text: 07480 635 050

The Mix information and support for the under 25s covering a range of topics including mental health. You can use their helpline or webchat from 11am – 11pm daily.

Tel: 0808 808 4994

Web: www.themix.org.uk

NHS 111 If you need urgent medical advice but it is not an emergency then you can call **111** (in case of an emergency or life threatening situation call **999**)

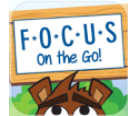


Apps

There are a variety of apps for ISO and android devices that can support your mental health. If you are concerned about online safety or bullying visit CEOP to learn about internet safety and report online abuse at www.ceop.police.uk



Calm Harm is a free app with password protection that provides a range of techniques to relive emotional distress. It's particularly helpful if you often use self harm to cope.



Focus on the go free family based games to support 4 years and older in managing and understanding emotions.



For Me is a free app from Childline. It offers counselling, group message boards, and advice.



MindShift a free app with advice in managing anxiety and using relaxation methods.



Recharge - Move Well, Sleep Well, Be Well uses a free, personalised 6 week program to help you improve your mood and energy levels.



Smiling Mind provides free mindfulness meditations aimed at reducing stress, anxiety and concentration levels.



MeeTwo is a safe forum for teens including advice from experts on any topic that is difficult to talk about and built in signposting.



Worry Tree is an app that helps those who are struggling with anxiety.

Apps



Finch is a self-care pet app that helps you feel prepared and positive.



Breathe: Relax & Focus is an app focusing on simple breath-work



New Horizons: Guided visualisation stories for children



Lumi Nova: Digital therapy enabling children to self manage their worries, through a fun and playful experience. Digital therapy enabling children to self



Molehill Mountain: Molehill Mountain is an app aimed at helping individuals with autism to understand and self-manage their anxiety. The app is designed for young people aged 13+ and is delivered over 3 months with daily log ins.



Online/Social Media Pages:

Stem4: Teen mental health charity with useful information online on some of the issues teens face and links to useful apps for each issue

Web: www.stem4.org



Instagram accounts that promote wellbeing:

@journey_to_wellness feature positive animated imagery suitable for children and young people and break down difficult concepts to something easy to understand



journey_to_wellness_

Follow

612 posts 272k followers 396 following

Journey to Wellness

♥ Illustrator & Counsellor

🛒 SHOP Etsy

@wavesofwellness_mentalhealth post relatable positive mental health images suitable for mature children and above that remind us that we are often not alone with difficult thoughts, feelings and emotions



wavesofwellness_mentalhealth

Follow

500 posts 2,773 followers 111 following

Waves of Wellness

Psychologist 🧠 Promoting mental health awareness, psychological wellbeing, and positive attitudes towards mental health. 🌊 #wavesofwellness

facebook.com/wavesofwellnessmentalhealth

@iamhayleykaye features self-compassion reminders



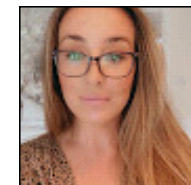
Mindfulness/Meditation YouTube pages:



New Horizons: Guided visualisation stories for children



Feeling Healing: Breath work and meditation suitable for teens



Happy Head Hypnotherapy: international solution focused clinical hypnotherapist based in England

**If you are a child
or young person
needing help with
how you are
feeling, we are
here for you!**

**Scan the QR code
to visit our website**





Spot the Signs Campaign is run in partnership with:

Hertfordshire County Council

Tel: 0300 123 4040

Hertfordshire Partnership University NHS Foundation Trust (HPFT)

Tel: 0800 6444 101

Hertfordshire Mind Network

Tel: 02037 273 600

Mind in Mid Herts

Tel: 01727 865 070

www.hpft.nhs.uk/spot-the-signs