

withYouth

YOUNG PEOPLE'S Digital Wellbeing Services

Instant Messaging

A safe, online space for you to talk to us about the things that are important to you.

Are you stressed, worried, anxious or overwhelmed?

Scan the QR code, and click the chat icon on the page to start speaking with one of our team.

(The icon will only appear on the page when we are open)



 mind Hertfordshire Network

If you are between the ages of 5-18, message us to get support with any mental health concern.

Every day from 2pm-10pm (excluding Bank Holidays)