

Good Mental Health and Wellbeing

Information and support for parents, carers and young people

We have gathered below information and support contact details which may be of help to parents, carers and young people.

Prevention and early support for children and young people

Just Talk Campaign - Email Publichealth@hertfordshire.gov.uk
www.justtalkherts.org

School nursing health for Kids and Teens - Parents/carers can make a referral for their child

<https://www.hct.nhs.uk/our-services/school-nursing/>

Health for Kids: <https://www.healthforkids.co.uk/hertfordshire/>

Health for Teens – free online advice <https://www.healthforteens.co.uk/>

Chat Health- School nursing text messaging service for young people (11-19)

Text 07480 635050

Healthy Young Minds in Herts – website containing tips for parents and young people including a “Wellbeing signposting guide for young people” <https://www.healthyyoungmindsinherts.org.uk/>

Dacorum DSPL website - has a range of resources and information for parents

<http://www.dacorumspl.org.uk/>

Five Ways to Wellbeing – helps keep us emotionally healthy. To find out more visit

<https://www.youtube.com> and search for “Five Ways to Wellbeing”.

YC Herts (was Youth Connexions) – offers a range of projects, courses, information and guidance to young people 13+. **Tel 0300 123 7538** <https://www.ychertfordshire.org/>

MindED – free resource on children and young people’s mental health www.minded.org.uk

Shelf Help – Hertfordshire libraries offer a range of books recommended by young people to help 13-18 year olds understand and manage their wellbeing and emotional life.

<https://readinghack.org.uk/readingwell>

Action for happiness - 10 keys to happier living toolkit for 7-11 year olds

<https://www.actionforhappiness.org/toolkit-for-schools>

Childline – online and telephone information, support and counselling for young people up to 19 years. **Tel 0800 111 111** <https://www.childline.org.uk>

Children under 12 can visit <https://www.childline.org.uk/kids/>

Young Carers <https://carers.org/about-us/about-young-carers>

Services for young people who would like someone to talk to

Kooth- online counselling for 10-18 year olds. <https://www.kooth.com/>

Signpost Counselling – Young people 10-25 years in South and West Hertfordshire can refer themselves for free counselling. <http://signpostcounselling.co.uk/>

Step 2 – Is an early intervention CAMHS (Children and Adolescent Mental Health Service) for children and young people in Hertfordshire aged 0-19. Referral is by any Hertfordshire professional including school or G.P. via the Single Point of Access (SPA)

NHS Specialist CAMHS. Professionals can directly refer a child or young person up to 18 if they have severe, persistent and complex mental health problems.

<https://www.hpft.nhs.uk/services/child-and-adolescent-mental-health-services-camhs/>

Children’s Wellbeing Team – Hertfordshire service for children and young people 5-18 presenting with anxiety or low mood. Guided self-help is offered for those who meet criteria.

Email childrenswellbeing@herfordshire.gov.uk Tel 01992 556405

Additional information for young people

Bipolar UK - <https://www.bipolaruk.org/>

OCD Action. The UK’s largest OCD charity - <https://ocdaction.org.uk/>

SAM anxiety app. Voted the best anxiety app in 2018 <http://sam-app.org.uk/>

SANE. National out of hours helpline providing support and information to anyone coping with mental illness. **SANeline 0300 3047 000 (16.30-22.30)** <http://www.sane.org.uk/>

Stem4 – Stemming and supporting teenage mental health. Information for teenagers and professionals, including the calm harm and clear fear apps <https://stem4.org.uk>

Self-harm, eating disorder and bullying advice website <http://www.recoveryourlife.com/>

Beat eating disorders – **Helpline 0808 801 0677, Youthline 0808 801 0711**

<https://www.beateatingdisorders.org.uk/>

Care, education and treatment review (CETR) May be appropriate for a person with SEN who may be at risk of admission to, or already in a specialist or mental health hospital.

<https://www.england.nhs.uk/learning-disabilities/care/ctr/care-education-and-treatment-reviews/>

Drugs/alcohol

CGL Spectrum Families and Young People Service (Formally Adolescent and Families Drug and Alcohol Service for Hertfordshire -AF-Dash)

Telephone 01992 531917 email AFDASH@hpft.nhs.uk

<https://directory.hertfordshire.gov.uk/kb5/hertfordshire/directory/service.page?id=6bDwhczR41g>

National Association for Children of Alcoholics (NACOA) Helpline 0800 358 3456

<http://www.nacoa.org.uk/>

Suicidal thoughts

Samaritans. Free Helpline 116123 <https://www.samaritans.org/>

Prevention of Young Suicide. (PAPYRUS) Helpline providing information and support for young people under 35 experiencing thoughts of suicide or for others concerned about a young person at risk of suicide. HOPELINEUK 0800 068 4141. <https://papyrus-uk.org/>

Grassroots suicide prevention - Offers help and support to people with thoughts of suicide and people concerned about someone else. <https://www.prevent-suicide.org.uk/>

Stay Alive App – https://www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html

OLLIE Foundation. Charity devoted to stopping young people from taking their own lives.

<https://theolliefoundation.org>

Hector's House – signposting suicide prevention services <https://hectorshouse.org.uk/>

Bereavement

CRUSE (bereavement advice/counselling) Free Helpline 0808 808 1677 <https://www.cruse.org.uk/>

The Hospice of St Francis. <https://www.stfrancis.org.uk/>

Support for parents and carers

“As One” Wellbeing Service – Age 16+ short term therapy for worry, low mood, insomnia stress. By referral from a professional including your G.P or refer yourself directly.

<https://www.hpft.nhs.uk/services/community-services/wellbeing-service/>

Tel Single point of access 0300 7770707

School Family Workers – provide a free, confidential, support and signposting service for families.

Link Family Services – Tel 07538 232084 Dacorum Family Services – Tel 01442 401222 Ext. 5

Gade Family Support Tel 01442 278793 Kings Langley Family Services Telephone 01923 271744

Family Centres (was Childrens Centres) Telephone 0300 123 7572

<https://www.hertsfamilycentres.org/family-centres.aspx>

Family Lives (formally Parentline Plus) – Emotional support, information and advice for parents.

Helpline 0808 800 2222 Email askus@familylives.org.uk

ADD-vance - training for parents supporting a child with ADHD or autism www.add-vance.org

Carers in Hertfordshire – provide advice, information and support to unpaid carers including a carers discount passport scheme. **Tel 01992 58 69 69**

<https://www.carersinherts.org.uk/>

Young Minds - Information for professionals, parents and young people experiencing a mental health crisis. **Parent Helpline 0808 802 5544** **Email parents@youngminds.org.uk**

<https://youngminds.org.uk>

Mind – National mental health charity offering an excellent range of materials on all aspects of depression . **Telephone 0300 123 3393** <https://www.mind.org.uk>

Anxiety UK – Children and young people with Anxiety guide for parents

https://www.moodcafe.co.uk/media/19579/cyp_parents_1_2_web.pdf

Dragonfly – Anxiety booklet for parents, carers and young people.

<https://dragonflyimpact.co.uk/anxiety-booklet-pdf/>

Families in Focus – Network for parents of children with SEND, anxiety, PDA and autism, offering free support, information and courses . **Email info@familiesinfocus.co.uk**

<http://www.familiesinfocus.co.uk/>

Carers in Hertfordshire - <https://www.carersinherts.org.uk/>

The Hyperactive Children’s Support Group (HACSG) - <https://www.hacsg.org.uk/>

Getselfhelp - cards to help remember self-help techniques

<https://www.getselfhelp.co.uk/cards.htm>

Families First Portal – Directory of organisations and services in Hertfordshire that can help with problems families may be facing.

<https://directory.hertfordshire.gov.uk/kb5/hertfordshire/directory/familiesfirst.page?familiesfirstchannel=0>

Herts Young Homeless helps young people 16+ at risk of becoming homeless. Includes a family mediation service for 10-15 year olds. **Tel (10-15 years) 03333 202 384.**

Tel (16-24 years) 03003 230 130

<https://www.hyh.org.uk/our-services/mediation>

Multi Agency Safeguarding Hub (MASH) If you think a child has been harmed or is being neglected, contact the Multi Agency Safeguarding Hub on **Tel 01432 260800** or the Police on 101.

If you are worried about your child, speak to their school to discuss strategies to support them. Some schools offer a school counselling service plus other therapeutic services, often via their School Family Worker or Pupil Support Worker. You can also discuss with your school or G.P referring your child for further support.

