



















































































































Hertfordshire Children and Young People's Mental Health Service Directory


The services below provide a combination of early intervention and more specialist support for children and young people's mental health. Click the service name to be redirected to more information.






Chathealth 0-5   	NHS Talking Therapies  
Chathealth 11-19   	PALMS   
Children's Crisis Assessment and Treatment Team   	Rephael House Counselling     
Children's Wellbeing Practitioners    	Safe Space   
CHUMS Bereavement Support   	School Nurses and Duty Line     
Educational Psychologists  	Signpost     
Families First   	Single Point Access (SPA)      
First Steps ED   	Specialist CAMHS    
Health for Kids  	Spectrum Family and Young People's Service    
Health for Teens  	Step 2   
Herts Haven Cafés     	The Sandbox    
Just Talk  	Togetherall  
Just Talk Ambassador Scheme   	WithYOUth      
Lumi Nova    	YCT Counselling     
Mental Health Support Teams in Schools (MHSTs)    	Youth Talk Counselling     
NESSie Parenting      	Young Minds Parent Helpline  

 Telephone service

 Online/virtual service

 Face to face service

 Referral required

-  Reaching developmental and emotional milestones, learning healthy social skills and how to cope when there are problems. Mentally healthy children have a positive quality of life and can function well at home, in school, and in their communities.
-  Difficulties with normal life problems, poor self confidence, low self esteem, low aspirations, difficult family relationships, poor peer relationships, experimental substance misuse, bereavement, poor concentration, difficulty sustaining relationships, some worries, low mood.
-  Many worries, high levels of anxiety, persistent low mood, body image concerns, behaviour puts peers at risk, persistent or high risk substance misuse, risk taking behaviour, unable to display empathy, difficulty coping with anger or frustration, bereavement by suicide/suspected suicide, withdrawn or unwilling to engage, disruptive or challenging behaviour, unable to maintain peer relationships (bullying, bullied or aggression etc).
-  Mental health problems which are:
 - Persistent, complex and severe
 - Present in all environments (home, school, with peers)
 - Beyond a normal response to life's problems
-  Deliberate self harm requiring hospital treatment, suicidal ideation with imminent plan and means, psychotic episode (hearing unexpected voices, unrealistic or racing thoughts not related to physical or substance misuse), intentional overdosing, persistent inability to engage with services or support offered, risk taking behaviour with no underlying mental health disorder, unresponsive to treatment and continuing to decline.