

AVAILABLE HELP FOR TEENS IN NEED OF SUPPORT *produced by Dr Alison Cowan Updated December 2018*

- **YC Hertfordshire (formerly Youth Connexions Hertfordshire) 13-19yr**
 - Admin base: Apsley Two: 01442 454060; 0800 389 3258
 - St Albans office: Catherine Street: open every afternoon and youth can drop in
 - [Harpenden Youth Centre](#)
 - [Pioneer Club](#)
 - www.ychertfordshire.org
 - <http://www.mogolistings.org>

MENTAL HEALTH SUPPORT

- **Helplines**
 - Saneline: 0845 767 8000: daily 6-11pm daily
 - Samaritans: 08457 90 90 90
 - Childline 0800 11 11
 - Single point of contact for child and adolescent mental health: 0300 777 0707
 - Hertfordshire Night Light service: helpline: Friday-Monday: 7 -12am: 01923 256391
- **Youth Talk 13-25yr:** counselling service for those living, working or at school in St Albans district
 - 01727 868684
 - www.youthtalk.org.uk
- **Signpost/Urban Access: 10-25yr** Dacorum district
 - 01923 239495
 - administrator@signpostcounselling.co.uk
 - www.signpostcounselling.co.uk/
 - 01442 252868
 - counselling@urbanaccess.org.uk
- **HarpendenPlus Partnership**
 - 07985 330941; 01582 623676
- Relate: North Herts
- Tilehouse Counselling: www.tilehouse.org 01462 440244 North Herts
- Signpost/open access: www.signpostcounselling.co.uk 01923 239495 Watford
- YCT (formerly Young ConcernTrust) www.youngconcern.com 01279 414090Counselling: East Herts
- Rephael House: www.rephaelhouse.org.uk 0208 440 9144
- **Wellbeing team: 16+yr:** free confidential talking therapy and practical support: via self-referral or GP: 28 days
 - 0300 777 0707
- **CAMHs/Public Health website:** <https://www.healthyyoungmindsinherts.org.uk/>
- **CAMHs:** www.hpft.nhs.uk/i-need-help-now 0300 777 0707
- **THE MIX: <25YR:** free confidential multi-channel service that aims to find young people the best help
 - 0808 808 4994 (freephone 7 days a week 11am-11pm)
 - One to one chat service
 - www.themix.org.uk
- **Big White Wall** early online intervention service: via self-referral or professional: **16+yr**
 - www.bigwhitewall.com
- **Get Connected:** www.getconnected.org.uk
- **Sane:** www.sane.org.uk 0300 304 7000

- **Young Minds:** www.youngminds.org.uk; @YoungMindsUK
 - **Mind:** www.mind.org.uk: national charity
 - **Mind in Mid Herts:** local charity supporting 16+yr with their mental health
 - www.mindinmidherts.org.uk; 01727 865070
 - **Herts Mind Network:** www.hertsmindnetwork.org
 - **Kooth.com:** a free, anonymous, confidential website where young people in Hertfordshire can go for help.
 - **Elefriends:** www.elefriends.org.uk supportive online community
 - **Stem4:** www.stem4.org.uk teenage mental health charity
 - **Childline:** www.childline.org.uk
 - Childline For Me app: <https://www.childline.org.uk/toolbox/for-me/>
 - **Help for vulnerable people with additional needs**
 - Guidepost Trust: <https://guideposts.org.uk/>
 - **Mental Health Complex Needs service:** <http://www.turning-point.co.uk/hertfordshire-complex-needs-service.aspx>
 - **Muslim youth helpline:** www.myh.org.uk
 - **Help with anxiety:** www.anxietyuk.org.uk 08444 775 774
 - **App to tackle anxiety:** Mindshift
 - **Mindfulness app for all ages:** Smiling Minds
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- **Help with self-harm**
 - Harmless: www.harmless.org.uk
 - SelfharmUK: www.selfharm.co.uk
 - **Calm Harm app** through www.stem4.org.uk
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- **Help with suicide**
 - Hector's House: www.hectorshouse.org.uk information resource
 - POPYRUS: (Prevention of Young Suicide) support for young people up to age 35yrs
 - www.papyrus-uk.org 0800 068 4141
 - CALM (Campaign Against Living Miserably) charity to help prevent male suicide
 - www.thecalmzone.net
 - Maytree: provides residential space for people experiencing a suicidal crisis
 - www.maytree.org.uk 0207 236 7070
 - Stay Alive App: suicide prevention pocket resource
 - Help is at Hand: NHS resource www.supportaftersuicide.org.uk/help-is-at-hand
 - SOBS (Survivors of Bereavement By Suicide): national charity www.uk-sobs.org.uk 0300 111 5065
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- **Help with Eating Disorders**
 - The Eating Disorders Association: www.b-eat.co.uk
 - The National Centre for Eating Disorder: www.eating-disorders.org.uk
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- **Help with drug/alcohol issues**
 - A-Dash 01992 531917
 - Frank 0800 776600: www.talktofrank.com
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- **Help with bereavement**
 - www.thegoodgrieftrust.org
 - www.griefencounter.org.uk
 - www.cruse.org.uk
 - www.cruse-hertfordshire.org.uk
 - CRUSE bereavement care: 5-18year olds: 01707 264293
 - www.stand-by-me.org.uk: Bereavement support for young people and families in North Herts
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- **Hub of Hope:** mental health database
 - www.hubofhope.co.uk
 - **Help with mental health of all types:** www.mentalhealth.org.uk/publications

PHYSICAL AND SEXUAL HEALTH SUPPORT

- **Kids Hub:** offers information and support to parents and carers of disabled children aged 0-25yrs in Hertfordshire
 - 01923 676549 www.kids.org.uk
- **Help with contraception and sexual health**
 - **In Hertfordshire: Sexual Health Hertfordshire**
 - 0300 008 5522 www.sexualhealthhertfordshire.clch.nhs.uk
 - www.contraceptionchoices.org
 - www.brook.org.uk
 - www.fpa.org.uk
 - www.sh24.org.uk: includes free sexually transmitted infection (STI) testing
- **Help with transgender issues** <http://www.mermaidsuk.org.uk/>
- **Health for Teens and Kids website**
 - <http://www.healthforteens.co.uk/>
 - **Herts Chat Health:** Text 07480 635050
 - <http://www.healthforkids.co.uk/>
- **Weight Issues**
 - BeeZee Bodies: <http://beezeebodies.com/>
 - Teenweightwise.com

PARENTAL SUPPORT

- **Family lives:** national family support charity: help and support in all aspects of family life
 - 0808 800 2222 (formally Parentline Plus) www.familylives.org.uk
- **Young minds:** supporting and empowering young minds
 - www.youngminds.org.uk
 - Parents@youngminds.org.uk
 - Helpline: 0808 802 5544: Mon-Fri 9.30-4pm
 - Parental advice and support for children up to 25yr
- **MindEd:** free educational resource on CYP with advice and information for families from experts
 - Health Education England www.minded.org.uk
- **HealthTalk online:** www.healthtalk.org patient and parents' experiences
- **NSPCC:** www.nspcc.org.uk
 - help@nspcc.org.uk) professional counsellors 24/7 offering help, advice and support if worried about a child
 - 0808 800 5000)
- **Vista:** <http://www.vistastalbans.org.uk/>
 - 07584 798528 vistastalbans@gmail.com
 - Extra support for parents and their children through the schools
- **Families Feeling safe:** Protective Behaviours Service
 - www.protectivebehavioursconsortium.co.uk
 - 01438 728653
 - Protective Behaviours service 0-19yr
 - Early Intervention service to improve emotional wellbeing of children and families
 - Aims to promote resilience in children, young people, and adults, using empowerment strategies, clear communication, and awareness of "safe" behaviours

- **Families First:** www.hertfordshire.gov.uk/familiesfirst
 - Familiesfirst.support@hertfordshire.gov.uk
 - 0300 123 4043
 - Help with behavioural problems: request assessment through SENCO/Family Support worker

- **Families in Focus:** Hertfordshire council-approved
 - www.familiesinfoocus.co.uk
 - 01442 219720
 - Free courses to build on parenting skills and anger management
 - www.hertsdirect.org/parentingsupport
 - Free parenting course through Hertfordshire county council to help and support

- **Families going through break up:** services for parents
 - The Tavistock Centre: www.tccr.org.uk

- **Information on finding a therapist**
 - British Association of Counselling and Psychotherapy
 - www.bacp.co.uk
 - 01455 883300
 - UK Council for Psychotherapy
 - www.psychotherapy.org.uk
 - 0207 014 9955