

AVAILABLE HELP FOR TEENS IN NEED OF SUPPORT *produced by Dr Alison Cowan Updated July 2019*

- **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
 - Shout: crisis texting service: text 85258; www.giveusashout.org
 - 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 -1am: 01923 256391: 18yr+
- **NHS Mental Health Apps:** www.nhs.uk/apps-library/category/mental-health/
- **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 414090 Counselling: East Herts
- Rephael House: www.rephaelhouse.org.uk 0208 440 9144
- **YC Hertfordshire Supporting You Programme: 11-17yrs** <https://www.ychertfordshire.org/about-yc-hertfordshire/make-a-referral/supporting-you-emotional-wellbeing-and-resilience-programme/>
 - 12 CBT skills delivered over a weekly programme of 7 weeks
- **Wellbeing team: 16+yr:** free confidential talking therapy and practical support: via self-referral or GP: 28 days
- www.talkwellbeing.co.uk 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); www.themix.org.uk
 - One to one chat service



- **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;
- **Mind:** www.mind.org.uk: 0300 123 3393; text 86463: 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
- **Clear Fear:** Help with anxiety management: <https://www.clearfear.co.uk/>
- **MeeTwo:** Advice for teens from experts on any topic that is difficult to talk about: <https://www.meetwo.co.uk/>
- **Mindfulness app for all ages:** Smiling Minds; Headspace
- **Help with self-harm**
 - **Harmless:** www.harmless.org.uk
 - **SelfharmUK:** www.selfharm.co.uk
- **Calm Harm app** through www.stem4.org.uk
- **distrACT app:** Information and advice about SH and suicide <https://www.expertselfcare.com/health-apps/distract/>
- **Help with suicide**
 - **Hector's House:** www.hectorshouse.org.uk information resource
 - **PAPYRUS: (Prevention of Young Suicide)** support for young people up to age 35yrs
 - www.papyrus-uk.org HOPELINEUK: 0800 068 4141 10-10pm weekdays; 2-10pm weekends
 - **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
- **Help with Eating Disorders**
 - **The Eating Disorders Association:** www.b-eat.co.uk
 - **The National Centre for Eating Disorder:** www.eating-disorders.org.uk
- **Help with drug/alcohol issues**
 - **CGL:** <https://www.changegrowlive.org/young-people/spectrum-families-young-peoples-service>
 - **Frank** 0800 776600: www.talktofrank.com
- **Help with bereavement**
 - www.thegoodgrieftrust.org
 - www.griefcounter.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

- **Hub of Hope:** mental health database
 - www.hubofhope.co.uk
- **Help with mental health of all types:** www.mentalhealth.org.uk/publications
- **SafeSpace Mentoring Programme:** through HCC and referral through professional
 - Meet with a volunteer mentor for an hour a week for 3-6 months
 - Opportunity to talk about anything they wish to discuss or want advice on

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
- **DSPL (Delivering Special Provision Locally):** information about support and services for children and young people 0-25yrs with special educational needs and disabilities (SEND) in Hertfordshire
 - www.dspl7.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; <https://sexwise.org.uk/>
 - www.sh24.org.uk: includes free sexually transmitted infection (STI) testing
 - www.test.hiv: HIV testing
 - BISH: www.bishuk.com/about-bish: guide to sex, love and you for everyone over 14.
 - Scarleteen website: www.scarleteen.com: sex education for teens and emerging adults
- **Help for LGBT+ community**
 - **YCH LGBT website Young Pride in Herts:** <http://www.youngprideinherts.org/>
 - **Switchboard:** LGBT+ helpline
 - 0300 330 0630
 - www.switchboard.org.uk
 - **Stonewall:** national LGBT+ rights charity
 - www.stonewall.org.uk
 - **Albert Kennedy Trust:** charity for LGBT+ people who are homeless
 - www.akt.org.uk
 - **Mermaids:** help for transgender community
 - <http://www.mermaidsuk.org.uk/>
- **Abuse including domestic abuse**
 - **Herts Sunflower:** <https://www.hertssunflower.org/herts-sunflower.aspx>
 - **Herts SARC:** Sexual violence or abuse <https://www.hertssarc.org/>
- **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.familiesinfocus.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
 - www.separatedfamilies.info
 - www.kidsinthemiddle.org
- **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

- **Staying safe online**
 - Childnet: www.childnet.com aims to make the internet a safe place for children and young people
 - Child Exploitation and Online Protection Centre (CEOP): <https://www.ceop.police.uk/safety-centre/>
 - The education programme from NCA-CEOP: UK organisation that protects children both online and offline
 - <https://www.thinkuknow.co.uk/>
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- **Information on Alcohol and Young People**
 - <https://alcoholeducationtrust.org/parent-area/>