

Hertfordshire Young People's Helpline



01923 256391

Helpline opening hours:

Mon: 1pm - 4.30pm

Tue: 5pm - 7.30pm

Wed: 1pm - 4.30pm

Thu: 5pm - 7.30pm

Fri: 1pm - 4.30pm

Sat: 10am - 1pm

We are providing free courses for 15-18 year olds to promote positive mental health and wellbeing through building confidence, improve coping strategies and support networks.

For details of all our Young People's courses and information on how to enrol and book your place please visit our website:

<https://bit.ly/2XqSyTV>



02037 273600

info@hertfordshiremind.org

www.hertfordshiremind.org



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Thursdays
11am - 1pm

An informal space for young people aged 15+ in Hertfordshire to socially connect as well as access support with their mental health.

For more information and to book your place please visit our website:

<https://bit.ly/3ec13aN>

Wednesdays
1pm - 3.30pm

Our Care Leavers Meeting Place provides an informal space for 18-24 year-olds in Hertfordshire to socially connect with each other, as well as access support for their mental health and wellbeing.

For more information and to book your place please visit our website:

<https://bit.ly/3bNZ6ja>



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