Hertfordshire Young People's Helpline



01923 256391

Helpline opening hours:

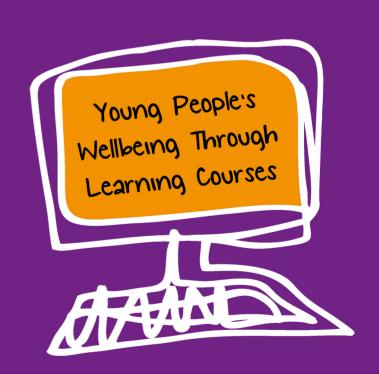
Mon: 1pm - 4.30pm Tue: 5pm - 7.30pm Wed: 1pm - 4.30pm Thu: 5pm - 7.30pm Fri: 1pm - 4.30pm Sat: 10am - 1pm

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 273500

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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