

## Mental Health and Wellbeing Support

### Parents and Carers – Services, contacts and resources

Anyone who is need of immediate physical health treatment or medical attention should call **999** or be taken to the local A&E.

If you are worried about your child's health contact your GP or call NHS direct on 111 (when its is **less** urgent than 999).

For urgent mental health help or if you need to urgently speak to someone Call our Single Point of Access (SPA). [www.hpft.nhs.uk](http://www.hpft.nhs.uk)

Tel: 0800 6444 101 available 24/7

Email: [hpft.spa@nhs.net](mailto:hpft.spa@nhs.net)



Help Line: 0808 802 5544 (Mon to Fri 9.30am – 4pm)

Young Minds provide a parent and carer helpline for detailed advice, emotional support and signposting about a child or young person up to the age of 25.

[www.youngminds.org.uk/find-help/for-parents/parents-helpline/](http://www.youngminds.org.uk/find-help/for-parents/parents-helpline/)



Helpline: 0808 800 2222

A national family support charity providing help and support in all aspects of family life.

<https://www.familylives.org.uk/advice/teenagers/health-wellbeing/>



020 3727 3600 or <https://www.hertsmindnetwork.org/>

Mind Hertfordshire provide mental health support across Hertfordshire for Children and Young People and their families.



01582 623676 or Email: [familysupport@saunceywood.herts.sch.uk](mailto:familysupport@saunceywood.herts.sch.uk)

The Harpenden Plus Partnership offers free and confidential services to parents and carers of families of children who attend schools within the partnership.

<https://www.saunceywood.herts.sch.uk/harpendenpartnershipplus>

### Useful Resources



The tool kit provides an extensive library of resources, covering mental health needs, family life, managing emotions, learning, aspirations and digital life. Please click on the link and refer to your unique code for access. <https://www.tooledupeducation.com/login/>



Free online educational resource about children and young people's mental health designed for all adults, which can support parents and carers through these exceptional circumstances.

<https://mindedforfamilies.org.uk/young-people/>



Provides a broad range of support services and advice for parents and carers dealing with young people's mental health.

<https://www.justtalkherts.org/parents/advice-for-parents.aspx>

**Papyrus**, a charity dedicated to the prevention of young suicide with a specialist telephone service called HOPELINEUK, offers support, practical advice and information to anyone who is concerned that a young person could be thinking about suicide.

**Call 0800 068 41 41 or text 0778 6209697 (Available everyday 9am – 12 midnight)**

[https://www.papyrus-uk.org/?gclid=EAlaIqobChMluNr895Sm8glVkb7tCh2EkwBCEAAAYASAAEgKXovD\\_BwE](https://www.papyrus-uk.org/?gclid=EAlaIqobChMluNr895Sm8glVkb7tCh2EkwBCEAAAYASAAEgKXovD_BwE)

**The Ollie Foundation**, is a registered charity funding suicide intervention skills training for young people, professionals and members of the general public.

**Resources and support:** <http://www.theolliefoundation.org/>

**Call 07715 311891**

The charity has recently launched a community peer support group for parents and carers supporting young people who are experiencing low mental health or emotional overwhelm.

<https://www.facebook.com/groups/ollieparentpeersupport>

**Anna Freud, National Centre for Children and Families**, is a mental health charity, offering evidence-based resources, information, support and advice with the aim to transform young peoples mental health. <https://www.annafreud.org/>

AFC resource on self-harm, for young people and their families.

This booklet was developed by The Mental Health Foundation and The Camelot Foundation:

<https://www.mentallyhealthyschools.org.uk/resources/the-truth-about-self-harm-for-young-people-and-their-friends-and-families/>

**Anxiety UK**, point parents and young people in the direction of further help and support. The website provides information and resources for understanding and managing Anxiety.

[www.anxietyuk.org.uk/gethelp/helpline-email-text-live-chat-services/](http://www.anxietyuk.org.uk/gethelp/helpline-email-text-live-chat-services/)

**Information Line: 03444 775 774 or Text Support: 07537 416 905**

(Free and confidential 9.30am - 5.30pm, Mon to Fri)

Email: [support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk).

**Switch board**, provides friends, parents or family members of LGBT+ loved ones with some independent advice and support.

**Helpline: 0345 33030303 or email: [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt)**

(10am – 10pm every day)

<https://switchboard.lgbt/how-we-can-help>

**B-eat**, for parents and carers supporting a loved one with an eating disorder

**Help line: 0808 801 0677**

Training and Workshops for Parents and Carers:

<https://www.beateatingdisorders.org.uk/training-events/find-training/training-for-parents-and-carers/>

**Youth Talk**, offer free and confidential counselling support service to anyone between 13-25 years of age living or going to school or working in St Albans and surrounding district.

To make an appointment young person have to make a self-referral through

[www.YouthTalk.org.uk/referral](http://www.YouthTalk.org.uk/referral) more information can be found on their website

[www.youthtalk.org.uk/about/](http://www.youthtalk.org.uk/about/)

**Talk-in-Herts Counselling Service**, offer affordable and confidential counselling support service to individuals and families. Currently they are working remotely. More information can be found on their website

<https://talk-in-herts-counselling.co.uk/low-cost/#>

**Call: 07530 298388**

Email [enquiries@talk-in-herts-counselling.co.uk](mailto:enquiries@talk-in-herts-counselling.co.uk)