

## Mental Health and Wellbeing Support

### Student Services and Helplines

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

For urgent mental health help or if you need to urgently speak to someone Call our Single Point of Access (SPA)

Tel: 0800 6444 101 available 24/7.

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

[www.hpft.nhs.uk](http://www.hpft.nhs.uk)

#### **LGBT Foundation**

<https://lgbt.foundation/>

Helpline: 0345 33030303 or email:

[helpline@lgbt.foundation](mailto:helpline@lgbt.foundation)

#### **Switchboard** (LGBTQ services)

<https://www.switchboard.org.uk/what-we-do/helpline/>

Helpline: 01273 359042

#### **Useful Apps**



**Calm App** Help you improve your health and happiness through daily meditation and sleep relaxation.



**Headspace App** Relaxation exercises to add extra mindfulness to your day, and hundreds of meditations on everything from stress to sleep.



**Catch it App (Free)** Teaches you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.



**Student Health App (Free)** To reduce your worries, feel more confident and get the support you need at what can be a challenging time for any student.



**Thrive App (Free)** Helps you prevent and manage stress, anxiety and related conditions.



#### **Childline**

(Free, confidential helpline telephone counselling for any child with a problem)

[www.childline.org.uk](http://www.childline.org.uk) or call 0800 1111

#### **Samaritans**

(Assistance for anyone struggling/distressed)

[www.samaritans.org](http://www.samaritans.org) or call 116123

#### **Calm**

(Charity aiming to help men's mental health)

<https://www.thecalmzone.net/> or call 0800 58 58 58

#### **NSPCC**

(Advice and support to anyone who needs information and guidance or concerned or worried about a child's safety) Helpline is available Monday to Friday 8am – 10pm or weekends 9am – 6pm.

[www.nspcc.org.uk](http://www.nspcc.org.uk) or [help@nspcc.org.uk](mailto:help@nspcc.org.uk). Or call 0808 800 5000

<p><b>Hertfordshire Young People's Helpline</b>  For young people (aged 10-17) who are experiencing a dip in their mental health and wellbeing, a helpline that provides emotional support, advice and information and/or a listening ear  <a href="http://www.hertsmindnetwork.org/young-peoples-helpline">www.hertsmindnetwork.org/young-peoples-helpline</a> or call 01923 256 391</p>
<p><b>Kooth</b>  (A safe and anonymous online counselling service for any mental health in young people aged 10-16)  <a href="https://student.kooth.com/">https://student.kooth.com/</a></p>
<p><b>B-eat</b>  (For help, resources and information on eating disorders)  <a href="https://www.beateatingdisorders.org.uk">https://www.beateatingdisorders.org.uk</a> or call Youthline: 0808 801 0711</p>
<p><b>National Centre for Eating Disorders</b>  (Confidential counselling service for people with eating disorders)  <a href="http://www.Eating-disorders.org.uk">www.Eating-disorders.org.uk</a> or call 0845 838 2040</p>
<p><b>Ollie Foundation</b>  A charity dedicated to delivering suicide awareness, intervention and prevention training by working with the community to promote good mental health among young people and those that support them.  <a href="http://www.theolliefoundation.org">www.theolliefoundation.org</a> or <a href="mailto:contactus@theolliefoundation.org">contactus@theolliefoundation.org</a> or call 07715 311891</p>
<p><b>Young Minds</b>  A free, confidential, 24/7 crisis text message support service for young people experiencing a mental health crisis with suicidal thoughts, abuse or assault, self-harm, bullying or relationship issues. <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a> Young Minds Crisis Messenger – Text “YM” to 85258</p>
<p><b>Babble Carers</b>  (Online community for young carers)  <a href="http://www.babble.carers.org">www.babble.carers.org</a></p>
<p><b>Carers UK</b>  (Information and advice for carers of all ages)  <a href="http://www.carersuk.org">www.carersuk.org</a> or call 0808 808 777</p>
<p><b>Anxiety UK</b>  (For help, resources and information on anxiety)  <a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a></p>
<p><b>Childhood Bereavement Network</b>  (Information and resources to support bereavement)  <a href="http://www.childhoodbereavementnetwork.org.uk">www.childhoodbereavementnetwork.org.uk</a></p>
<p><b>Hope Again</b>  (Helping young people come to terms with bereavement and to deal with their feelings)  <a href="http://www.hopeagain.org.uk">www.hopeagain.org.uk</a></p>