

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 Website: www.hpft.nhs.uk

LGBTQ+



Gendered Intelligence: <https://genderedintelligence.co.uk/>

Helpline: 0345 33030303

Email: helpline@lgbt.foundation



LGBT Foundation: <https://lgbt.foundation/>

Helpline: 0345 33030303

Email: helpline@lgbt.foundation



Switchboard: <https://switchboard.lgbt/>

Helpline: 0800 0119100

Email: hello@switchboard.lgbt

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.



Move Mood App (Free) Move Mood is a teenage mental health charity and uses evidence-based treatment to help you improve your mood.



Clear Fear (Free) Clear Fear is an app funded by teenage mental health charity stem4 to help manage the symptoms of anxiety.

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

www.childline.org.uk or call 0800 1111

Samaritans (Assistance for anyone struggling/distressed)

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 or help@nspcc.org.uk. Or call 0808 800 5000

Hertfordshire Young People's Helpline

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

www.hertsmindnetwork.org/young-peoples-helpline or call 01923 256 391

Kooth (A safe and anonymous online counselling service for any mental health in young people aged 10-16)

<https://student.kooth.com/>

B-eat (For help, resources and information on eating disorders)

<https://www.beateatingdisorders.org.uk> or call Youthline: [0808 801 0711](tel:08088010711)

National Centre for Eating Disorders (Confidential counselling service for people with eating disorders)

www.Eating-disorders.org.uk or call 0845 838 2040

Ollie Foundation

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.

www.theolliefoundation.org or contactus@theolliefoundation.org or call 07715 311891

Young Minds

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. www.youngminds.org.uk Young Minds Crisis Messenger – Text “YM” to 85258

Babble Carers (Online community for young carers)

www.babble.carers.org

Carers UK (Information and advice for carers of all ages)

www.carersuk.org or call 0808 808 777

Anxiety UK (For help, resources and information on anxiety)

www.anxietyuk.org.uk

Childhood Bereavement Network (Information and resources to support bereavement)

www.childhoodbereavementnetwork.org.uk

Hope Again (Helping young people come to terms with bereavement and to deal with their feelings)

www.hopeagain.org.uk