

Signposting for young people

If you are worried about yourself or somebody else and you feel that you need advice from a professional, there are a wide range of local and national services you could use.

Childline | www.childline.org.uk

Samaritans | www.samaritans.org

Hertfordshire Partnership | www.hpff.nhs.uk

Mind | www.mind.org.uk

NHS | www.nhs.uk



- **For emergency: 999**
- **Non-emergency: 111**
- All mental and physical health support
- For all ages
- **www.nhs.uk**



Herts Mind Network

- Ages 11–18
- Mental health support
- Offers advice, support and referrals
- 9am–5pm helpline:
- **0300 123 3393**
- **Text: 86463**
- **www.mind.org.uk**



As One

- Hertfordshire only; support for mental health and learning disabilities
- For all ages
- 9am–5pm service:
- **0300 777 0707**



Childline

- 24/7 call service
- 1:1 counselling service
- Private conversations about anything
- For ages 18 and below
- **www.childline.org.uk**



Samaritans

- For all ages
- **24/7 call service: 116 123**
- Suicide and crisis prevention
- **www.samaritans.org**