

Signposting for adults



NHS Every Mind Matters:

- Website with great wellbeing tools and advice. Get a free plan to help you deal with stress/anxiety/improve sleep/boost your mood etc.
- They also have an urgent support service.
- **www.nhs.uk/oneyou/every-mind-matters/**



Samaritans

- Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.
- Free and confidential 24/7 support.
- **Call: 116 123**
- **jo@samaritans.org**



Herts Mind Network

- Aims to support people of all ages to achieve positive mental health and wellbeing.
- They provide a diverse range of services including, counselling, group workshops, online courses and guidance to develop and support with wellbeing.
- They have a crisis help line for anyone in need.
- **Crisis line:**
01923 256 391
- **info@hertfordshiremind.org**
- **Contact number:**
02037 273600

We deliver virtual parent workshops throughout the academic year.

More information about workshop dates will be shared to your child(ren)'s school and information put on our Twitter page:
[@PositiveMindsEd](https://twitter.com/PositiveMindsEd)



Where to Find Out More:



Young Minds

- Fantastic resources, guidance and advice for young people and parents/carers around supporting young people's wellbeing.
- **www.youngminds.org.uk**



JustTalk

- A great website with self help information, with a range of resources and support options available to young people and parents/carers.
- **www.justtalkherts.org**