

## Support Service Contacts

<b>Kooth</b> Free anonymous online mental health support for 10 to 25 year olds. Children and young people in Hertfordshire can get free online emotional and mental health support using a website. <a href="http://www.kooth.com">www.kooth.com</a>
<b>Family Lives</b> Advice for parents, open 24 hours a day, 7 days a week T: 0808 800 2222 E: <a href="mailto:askus@familylives.org.uk">askus@familylives.org.uk</a> <a href="http://www.familylives.org.uk">www.familylives.org.uk</a>
<b>CGL</b> Drug & Alcohol Support Service. T: 01707 256532, E: <a href="mailto:herts@cgl.org.uk">herts@cgl.org.uk</a> , <a href="http://www.changegrowlive.org">www.changegrowlive.org</a>
<b>Hertfordshire Wellbeing Service</b> For support with Mental Health and Wellbeing. T: 0300 777 0707, E: <a href="mailto:hpft.spa@nhs.net">hpft.spa@nhs.net</a> , <a href="http://www.hpft.nhs.uk">www.hpft.nhs.uk</a>
<b>The Living Room</b> Addiction therapy and support for individuals and families T: 0300 365 0304, E: <a href="mailto:enquiries@thelivingroom.me.uk">enquiries@thelivingroom.me.uk</a> , <a href="http://www.livingroomherts.org">www.livingroomherts.org</a>
<b>Turning Point Herts complex needs service MIND</b> T: 01707 891120
<b>AF-DASH</b> Confidential advice, support and treatment for young people under the age of 18 with issues relating to use of drugs and alcohol. T: 01992 531917/07770 537227, E: <a href="mailto:AFDASH@hpft.nhs.uk">AFDASH@hpft.nhs.uk</a> , <a href="http://www.healthyyoungmindsinherts.org.uk">www.healthyyoungmindsinherts.org.uk</a>
<b>BEAT</b> Beat is the UK's leading charity supporting anyone affected by eating disorders or difficulties with food, weight and shape. T: 0345 634 1414 E: <a href="mailto:help@b-eat.co.uk">help@b-eat.co.uk</a>
<b>Talk to Frank</b> Honest information about Drugs. Free confidential advice line. T: 0300 123 6600 <a href="http://www.talktofrank.com">www.talktofrank.com</a>
<b>Carers in Hertfordshire – Young Carers Service</b> Our Young Carers service works with young carers aged 18 and under. T: 01992 586969 E: <a href="mailto:young.carers@carersinherts.org.uk">young.carers@carersinherts.org.uk</a> , <a href="http://www.ycih.org">www.ycih.org</a>
<b>Victim Support Hertfordshire</b> Offering support to victims of crime. T:0300 303 0165

**ChildLine**

ChildLine is a private and confidential service for children and young people up to the age of 19. You can contact a childLine counsellor about anything – no problem is too big or too small. T: 0800 1111

**Get Connected**

Get Connected is a Free, UK wide, email and telephone helpline that finds young people the best help, whatever the problem. T:0808 808 4994 E:help@getconnected.org.uk www.getconnected.org.uk

**Hertfordshire Families First Portal**

For information, advice and guidance on local and national services  
www.hertfordshire.gov.uk/familiesfirst

**Citizens Advice Bureau**

03444 111 444 www.whcab.org.uk

**Kids Hub**

Support for parents and carers of disabled children and young people aged 0-19 in Herts. T:01992 504013  
www.kids.org.uk/hub

**CAP**

For support with debt and financial worries T: 0800 328 0006

**Papyrus**

Provides information and support for anyone under 35, who is struggling with suicidal feelings, or anyone concerned about a young person who might be struggling. T: 0800 068 4141 www.papyrus-uk.org

**Family Lives**

Support to anyone parenting a child. T: 0808 800 2222 www.familylives.org.uk

**Youth Access**

Operates a network of membership organisations who provide local information, advice and counselling services. T: 020 8772 9900 www.youthaccess.org.uk

**Young Minds**

National charity committed to improving the mental health of all babies, children and young people. T: 020 7089 5050, 0808 802 5544, www.youngminds.org.uk

**Samaritans**

Call free 24/7 Support in Crisis T:116 123

**Cruse**

Bereavement care and support. T:0808 808 1677 www.cruse.org.uk

**Space**

Supporting Families in Hertfordshire with Autism and ADHD related conditions.

www.space.herts.org.uk E: spaceherts@gmail.com

**Potential Kids**

Providing Learning and Social opportunities for children with additional needs.

E: info@potentialkids.org www.potentialkids.org

**Herts Sunflower**

Free and confidential support for anyone affected by domestic abuse.

T: 0808 8008 088 E: www.hertssunflower.org

**Safer Places**

Domestic Abuse Support Services

T: 03301 025811 E: info@saferplaces.co.uk or via website at www.saferplaces.co.uk

**Relate**

Relationship support for everyone. T: 0300 003 0396 www.relate.org.uk

**DSPL5**

Developing Special Provision Locally. www.dspl5.co.uk

**Hertfordshire Family Centres**

<https://www.hertsfamilycentres.org/family-centres.aspx> T: 0300 123 7572 8-6pm

**School Nurse**

Chat Health via Text messaging 07480 635050

**Welwyn & Hatfield Housing**

E: contact-whc@welhat.gov.uk T: 01707 357000 Out of hours emergency: 0800 111 4484

**Adult Disability Support**

E: welwynhatfield.adt@hertfordshire.gov.uk T: 01438 843600 [www.hertfordshire.gov.uk/services/adult-social-services/disability/learning-disabilities/support-we-give.aspx](http://www.hertfordshire.gov.uk/services/adult-social-services/disability/learning-disabilities/support-we-give.aspx)

**Building Better Opportunities – Employment & Skills Mentoring**

T: 01992 556183 E: BBO@hertfordshire.gov.uk

**Support for families and friends of prisoners**

[www.gov.uk/support-for-families-friends-of-prisoners](http://www.gov.uk/support-for-families-friends-of-prisoners)

The offenders families helpline – info@offendersfamilieshelpline.org T: 0808 808 2003

**Helpline for Prisoners Families**

[helpline@prisonadvice.org.uk](mailto:helpline@prisonadvice.org.uk) T: 0808 808 3444