

Services Timetable 2020

Last updated: 24.04.2020

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Our service provision

We have decided that it is in the best interest of everybody to deliver our services remotely to minimise the risks associated with potential transmission of the Coronavirus. We have **closed our Wellbeing Centres** and all groups (including self-supported groups) and Meeting Places are cancelled until further notice.

Our staff teams are working remotely and are **continuing to provide support through phone, Skype and online provision.**

We are open to new referrals. You can download a referral form from our website www.hertfordshiremind.org/accessing-our-services or give us a call on 02037 273600.

Hertfordshire Crisis Helpline

If you are experiencing a mental health crisis and would like someone to talk to, you can call our **Crisis Helpline.**

Our helpline provides emotional support, advice and information if you are feeling distressed and are in crisis. You can also call us if your mental health is impacted by the current Coronavirus outbreak.

Crisis Helpline Number: 01923 256391

Helpline opening hours: Available to provide emotional support 24 hours a day, every day of the week.

Young People's Helpline

If you are 10-17 years old and experiencing a dip in your mental health and wellbeing, and would like someone to talk to, you can call our Young People's Helpline.

Our helpline will provide you with emotional support, advice and information and/or a listening ear if you are worried about Coronavirus and how the current measures impact you.

Young People's Helpline Number: 01923 256391

Helpline opening hours: Mon, Wed, Fri - 13:00 - 16:30; Tues & Thurs - 17:00 - 19:30; Sat - 10:00 - 13:00

Online Meeting Places

Day	Group	Time	Dates
Monday	Meeting Place	13:30-15:00	Ongoing
Tuesday	Meeting Place	18:30-20:00	Ongoing
Wednesday	Meeting Place	10:30-12:00	Ongoing
Thursday	Meeting Place	13:30-15:00	Ongoing
Friday	Meeting Place	18:30-20:00	Ongoing
Saturday	Meeting Place	15:00-16:30	Ongoing

To book your place on one of our Meeting Places, please email: meetingplaces@hertfordshiremind.org. Once your place is booked, you will receive an email with a link and joining instructions.

Young People's Online Hangout

Day	Group	Time	Dates
Thursday	Young People's Hangout (Online Group)	11:00-13:00	Ongoing

For information and to book your place on this, please visit our website: www.hertfordshiremind.org/young-peoples-online-group or call 02037 273600

Online HAFLS Wellbeing Through Learning Courses

Day	Course	Time	Dates
Monday	Building Resilience	10:00 - 13:00	1 Jun 20 - 29 Jun 20
Tuesday	Overcoming Anxiety and Fear	15:00 - 17:30	19 May 20 - 16 Jun 20
Wednesday	Coronavirus and Your Wellbeing	17:00 - 19:30	13 May 20 - 3 Jun 20
Thursday	Mindfulness and Relaxation	16:30 - 17:00	4 Jun 20 - 9 Jul 20
Friday	Building Self-Esteem	10:00 - 13:00	24 Apr 20 - 22 May 20
Friday	Understanding Anger and Other Emotions	13:00 - 15:30	5 Jun 20 - 10 Jul 20

For information and on how to book your place on one of our courses, please visit our website:

www.hertfordshiremind.org/ wellbeing-through-learning or call us on 02037 273600.

Spot the Signs & Emotional Wellbeing Webinars

Webinar	Who for	Date	Time
Introduction to Mental Health	Families ¹	24/04/2020	11:00-12:00
Spot the Signs Youth Suicide Awareness Course	Youth Professionals	27/04/2020	10:30-15:00
5 Ways to Wellbeing	Families ¹	28/04/2020	13:00-13:45
Emotional Wellbeing & Coping Strategies	Carers ²	29/04/2020	15:30-17:00
Introduction to Mental Health	Families ¹	30/04/2020	14:00-15:00

¹ Families: This session is open to all the family and parents/carers may join accompanied by their child or teen

² Carers: Parents & Carers of a young person

For more information and to book onto an individual webinar session, please visit our Eventbrite: bit.ly/2QZqK4f

If you would like to book an in-house session for your class or team email lara.mchale@hertfordshiremind.org to arrange how to get your group into a private webinar that they can all access from home.

Care Leavers Meeting Place

Day	Group	Time	Dates
Wednesday	Care Leavers Meeting Place	13:00-15:30	Ongoing

To book your place, please email: cyp@hertfordshiremind.org or call us on 02037 273600. Once your place is booked, you will receive an email with a link and joining instructions.

Online Groups and Activities

Day	Group	Time	Dates
Monday	Carers Yoga Group	14:30-15:30	Ongoing
Monday	Yoga	18:00-19:00	Ongoing
Wednesday	Music Group	19:00-21:00	Ongoing
Saturday	Music Group	11:00-13:00	Ongoing

To book your place, email us at meetingplaces@hertfordshiremind.org. Once your place is booked, you will receive an email with a link and joining instructions.

Online Young People's Wellbeing Through Learning Courses

Day	Course	Time	Dates
Thursday	Fighting Fear	14:30 - 17:00	30 Apr 20 - 21 May 20

For information and on how to book your place on one of our courses, please visit our website: www.hertfordshiremind.org/wellbeing-through-learning-children-and-young-people or call us on 02037 273600. Once your place is booked, you will receive an email with a link and joining instructions.



02037 273600



info@hertfordshiremind.org



www.hertfordshiremind.org

