



# South West Herts Partnership Mental Health & Emotional Wellbeing Support for Children & Young People

ORGANISATION	EXPLANATION	OPERATIONS ADVICE	CONTACT INFO/WEB LINKS
NHS Mental Health APPS			<a href="https://www.nhs.uk/apps-library/category/mental-health/">https://www.nhs.uk/apps-library/category/mental-health/</a>
NHS Mental Health	Online educational courses and resources which are accessible for service providers and adults/ children suffering with mental health		<a href="https://www.recoverycollegeonline.co.uk/">https://www.recoverycollegeonline.co.uk/</a>
SAM	Self anxiety management APP for iphone or android		<a href="http://sam-app.org.uk/">http://sam-app.org.uk/</a>
Chat Health	This service is provided by the Hertfordshire school nursing service for young people aged 11-19	You will get a reply within 24 hours from an NHS School Nurse between 9:00am and 5:00pm, Monday to Friday (except bank holidays)	07480 635050 – text service
KOOTH	Online emotional and mental health support for children & young people aged 11-25. Family problems, eating disorders, loneliness, bullying, anxiety & depression	Monday – Friday 12pm – 10pm Saturday – Sunday 6pm – 10pm	<a href="https://www.kooth.com/">https://www.kooth.com/</a>
Catch it APP	Managing anxiety and depression		<a href="https://www.nhs.uk/apps-library/catch-it/">https://www.nhs.uk/apps-library/catch-it/</a>
Stop breath think APP	We are the emotional wellness platform for the “under 25” generation		<a href="https://www.stopbreathethink.com/">https://www.stopbreathethink.com/</a>
Self Harm network	Online support forum		<a href="http://www.nshn.co.uk/">http://www.nshn.co.uk/</a>
Head space APP	Mindfulness for everyday living. Available for iphone and android		<a href="https://www.headspace.com/">https://www.headspace.com/</a>
Calm Harm App	Calm Harm provides tasks to help you resist or manage the urge to self-harm	Self harm support for teenagers. Available on iphone and android	<a href="https://calmharm.co.uk/">https://calmharm.co.uk/</a>
Young minds	Supporting children and young peoples emotional wellbeing and mental health	Support for children and young people.  Parents helpline: 08088025544	<a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a>

# South West Herts Partnership Mental Health & Emotional Wellbeing cont/d...

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Herts Mind Network	<ul style="list-style-type: none"> <li>Free online through learning courses for 15-18yr olds.</li> <li>Young peoples helpline 10-17yr olds</li> </ul>		<a href="https://www.hertsmindnetwork.org/Pages/Category/young-people">https://www.hertsmindnetwork.org/Pages/Category/young-people</a>  Queries to 02037 273600 Email cpy@hertfordshiremind.org
mindful	Support, information and advice for 11-17 year olds		<a href="http://www.mindful.org">www.mindful.org</a>
Anxiety UK	Support for people suffering with anxiety	Mon-Fri 9.30-5.30 08444 775774	<a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a>
No panic	Supporting anxiety disorders	Youth Helpline 0330 606 1174  Helpline 0844 967 4848	<a href="https://nopanic.org.uk/contact-us/">https://nopanic.org.uk/contact-us/</a>
B-EAT	Eating disorders support for all ages	Under 25's 0345 634 7650 ADULTS: 0845631414	<a href="http://www.b-eat.co.uk">www.b-eat.co.uk</a>
Just Talk Herts	Multi-Agency Campaign Coordinated by the Public Health team at Hertfordshire County Council, partners have given their time and expertise to ensure that the quality resources and information available here, and the direction of the campaign, meets the needs of young people		<a href="https://www.justtalkherts.org/just-talk-herts.aspx">https://www.justtalkherts.org/just-talk-herts.aspx</a>
Three Rivers District Council	Kasia Truefitt is a dancer and co-founder of A Truefitt Collective. Her company run 'Magical Minds' dance and mindfulness workshops for children, in some of our local primary schools.		<a href="https://www.threeriversleisure.co.uk/lockdownyourcreativity">https://www.threeriversleisure.co.uk/lockdownyourcreativity</a>