

- **Youth Connexions Hertfordshire 13-19yr**
 - Admin base: Apsley Two: 01442 454060; 0800 389 3258
 - St Albans office: Catherine Street: open every afternoon and youth can drop in
 - <http://www.youthconnexions-hertfordshire.org/>
 - Numbers U Need booklet: <https://www.youthconnexions-hertfordshire.org/advice-and-support/guides-for-young-people/where-to-find-help/>
 - www.channelmogo.org
 - [Harpden Youth Centre](#)
 - [Pioneer Club](#)
- **Youth Talk 13-25yr**
 - 01727 868684
 - www.youthtalk.org.uk
- **Urban Access: 11-25yr** Dacorum
 - 01442 252868
 - counselling@urbanaccess.org.uk
- **HarpdenPlus Partnership**
 - 07985 330941; 01582 623676
- **Wellbeing team: 16+yr:** via self-referral or GP: 28 days
 - 0300 777 0707
- **Big White Wall** early online intervention service: via self-referral or professional: **16+yr**
 - www.bigwhitewall.com
- **Get Connected:** www.getconnected.org.uk
- **Sane:** www.sane.org.uk 0300 304 7000
- **Young Minds:** www.youngminds.org.uk
- **Mind:** www.mind.org.uk; Mind in Mid Herts: www.mindinmidherts.org.uk; Herts Mind Network: www.hertsmindnetwork.org
- **Help with bereavement**
 - St Albans Bereavement Network
 - www.sabn.org.uk 01727 841841
 - www.griefencounter.org.uk
- **Help with drug/alcohol issues**
 - **A-Dash** 01923 427288
 - **Frank** 0800 776600
- **Help with self-harm**
 - www.harmless.org.uk
- **Help with contraception and sexual health in Hertfordshire**
 - 0300 008 5522
 - www.sexualhealthhertfordshire.cch.nhs.uk
- **Relate:** North Herts
- **Tilehouse Counselling:** www.tilehouse.org 01462 440244 North Herts
- **Signpost/open access:** www.signpostcounselling.co.uk 01923 239495 Watford
- **YCT (formerly Young ConcernTrust)** www.youngconcern.com 01279 414090 Counselling: East Herts
- **Rephael House:** www.rephaelhouse.org.uk 0208 440 9144
- **Helplines**
 - **Saneline:** 0845 767 8000: daily 6-11pm daily
 - **Samaritans:** 08457 90 90 90
 - **Childline** 0800 11 11
 - **Single point of contact for child and adolescent mental health:** 0300 777 0707
 - **Hertfordshire Night Light service:** helpline: Friday-Monday: 6 -12am: 01923 256391:

- **For parents:**
 - Family lives
 - 0808 800 2222
 - www.familylives.org.uk
 - Young minds
 - www.youngminds.org.uk
 - Parents@youngminds.org.uk
 - 0808 802 5544: Mon-Fri 9.30-4pm
 - Parentline Plus
 - 0800 77 66 00
 - Self Harm
 - 'The Parents Guide to Self-Harm'
 - HealthTalk online: self-harm: parents' experiences
 - Vista
 - Extra support for parents and their children through the schools