

AVAILABLE HELP FOR TEENS IN NEED OF SUPPORT *produced by The Maltings Surgery*

• 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
- Harpenden 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

• HarpendenPlus 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.griefcounter.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.clch.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