Who can you contact for further information?

Below are links to organisations that can provide you with additional assistance. Additionally, Miss Francis is always here to help and support you or signpost you to the correct agency.

Family Support

ARC are a specialist service at supporting families.
www.hertfordshire.gov.uk/services/childrens-social-care/arc/home.aspx

Family Lives provides targeted early intervention and crisis support to families who are struggling.
Web:www.familylives.org.uk
Email askus@familylives.org.uk
Tel 0800 800 2222

Families First offers support to the whole family through a variety of organisations.
Web www.hertfordshire.gov.uk/familiesfirst

Hertfordshire Domestic Abuse Helpline- A confidential free helpline for anyone effected by domestic abuse. Mon-Fri 9am-9pm
Weekends 9am-4pm
Tel 0808 808 8088

Home Start Herts is a children's charity and family support service offering emotional and practical support to parents with children under 12.
Tel 01438 367788
Web www.home-startherts.org.uk

Mental Health

Please speak to our mental health lead at Brockswood if you have any concerns regarding your child's well-being on mental health. Miss Francis is your point of contact.

The Mix information and support for the under 25s. Their helpline and webchat are open from 11am -11pm daily.
Tel 0808 808 4994
Web www.themix.org.uk

The Well-being service offer courses and CBT to anyone over 16 struggling with their mental health.
Web www.hpft-iapt.nhs.uk/

Young Minds provide information about all things mental health. .
Web www.youngminds.org.uk

Hertfordshire Mind Network offer mental health support to young people in a variety of formats. With YOUth provides online digital therapy and support for young people between 5 and 18.
Web www.withyouth.org
Tel 0208 189 8400

Healthy Young Minds In Herts provides a vast amount of information for children and young people on keeping mentally well and knowing where to seek support.
Web www.healthyyoungmindsinherts.org.uk

Health For Kids provides information for children and young people on staying healthy and understanding feelings.
Web www.healthforkids.co.uk

Health For Teens provides an advice website on all aspects of health for teenagers, provided by the NHS.
Web www.healthforteens.co.uk

Mind have information to better understand diagnoses and managing mental health on their website.
Web www.mind.org.uk

Single Point Of Access (SPA) SPA can put you in touch with the relevant mental health service.
National Tel 0300 777 0707
Freephone 0800 6444 101
Step 2 CAMHS is HCT`s early intervention mental health service for children up to 19. Referrals need to be made by professionals, please see your doctor or school for further support.

Bereavement

Child Bereavement UK have advice on managing grief and local services.
Web www.childbereavementuk.org
Tel 0800 0288 804

Winston`s Wish supports bereaved children , who have lost a sibling or parent. They also support families and professionals to help the child.
Web www.winstonswish.org

Peace Hospice MindCraft offer children's bereavement workshops for those between 5 and 16.
Tel 01923 330330 and ask to speak to the starlight team.

Cruse Bereavement Care Hertfordshire support the well-being of anyone between the age of 5 and 18 who has experienced the death of a loved one.
Tel 01707278389
Web www.cruise-hertfordshire.org

Counselling

Raphael House offer free confidential counselling for 13-19 year olds based in Welwyn Garden City and Hatfield.
Tel 0208 440 9144
Web www.raphaelhouse.org.uk

Youth Talk provides free confidential counselling for 13-25 who live or work in St Albans.
Tel 01727 868684
Web www.youthtalk.org.uk
YCT offer free confidential counselling to young people in East Hertfordshire.

Tel 01279 414090
Web www.yctsupport.com

Safe Space offer counselling, art therapies, and mentoring for children from 5-19 with school and SPA.
Tel 01992 588796
Web https://thegrid.org.uk/team-contacts/safe-space-team

Signpost offer counselling, coaching and other support to help young people aged between 10-25 living in Hertfordshire, to overcome problems in their lives.
Tel 01923 239 495
Web http://signpostcounselling.co.uk/

The Sandbox provides free anonymous counselling for 10-25 year olds.
Web https://sandbox.mindler.co.uk

Childline offer free confidential counselling to under19s through their helpline and chat.
Tel 0800 1111
Web www.childline.org.uk

Relate offer counselling to young people and specialise in relationship troubles.
Tel 0300 100 1234
Web www.relate.org.uk

Nessie offer counselling and therapy for children and young people in North Herts.
Web www.nessieined.com

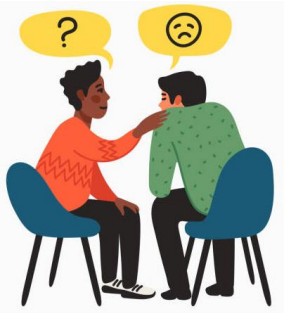
Self -Harm

CALM (Campaign Against Living Miserably) offer support t young males living with low mood, self-harm and suicidal thoughts. Their helpline runs daily from 5pm-midnight or you can use their webchat.
Tel 0800 585 858
Web www.thecalmzone.net

Self-Harm UK offers support to individuals (14-19) dealing with and recovering from self-harm, including online group sessions.
Web www.selfharm.co.uk

Self-Injury Support provide a support and information service for females under 24years old who are struggling with self-harm.
Tel 0808 800 8088
Web www.selfinjurysupport.co.uk

Harmless are an organisation who work to address and overcome issues related to self-harm and suicide.
Web www.harmless.org.uk



Depression and Anxiety

Blurt support those affected by depression.

Web www.blurtitout.org/

Students Against Depression – a website offering advice information, guidance and resources to those affected by low mood, depression and suicidal thinking.
Web www.studentsagainstdepression.org

www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/anxiety/

www.psycom.net/help-kids-with-anxiety

Eating

BEAT (Beat Eating Disorders)offer advice and guidance on beating eating disorders with a youth helpline.
Tel 0808 801 0711
Web www.b-eat.co.uk
CAMHS Community Eating Disorder Team to self-refer call SPA.
Tel 0300 777 0707

First Steps ED are a leading eating disorder charity
Web https://firststepsed.co.uk

Feast Family Empowered and Supporting Treatment for Eating Disorders
Web https://www.feast-ed.org

Apps

Calm Harm is a free app with password protection that provides a range of techniques to relieve emotional distress. Its particularly helpful if you use self-harm to cope.

Focus on the go is free family based games to support 4 years and older in managing and understanding emotions.

For Me is a free app from Childline. It offers counselling, group message boards and advice.

MindShift a free app with advice in managing anxiety and using relaxation methods.

Recharge -Move well, Sleep Well, Be Well uses a free, personalised 6-week programme to help you improve your mood and energy levels.

Smiling Mind provides free mindfulness meditations aimed at reducing stress, anxiety and concentration levels.

MeeTwo is a safe forum for teens including advice that is difficult to talk about and built in signposting.

Worry Tree is an app that helps those who are struggling with anxiety.