SPOT THE SIGNS & SAVE A LIFE

SPOT THE SIGNS OF SUICIDE RISK AND YOU COULD SAVE A LIFE

Spot the Signs Campaign is run in partnership with:

Hertfordshire County Council
Tel: 0300 123 4040

Hertfordshire Partnership University NHS Foundation Trust (HPFT)
Tel: 01707 253 900

Hertfordshire Mind Network
Tel: 02037 273 600

Mind in Mid Herts
Tel: 01727 865 070

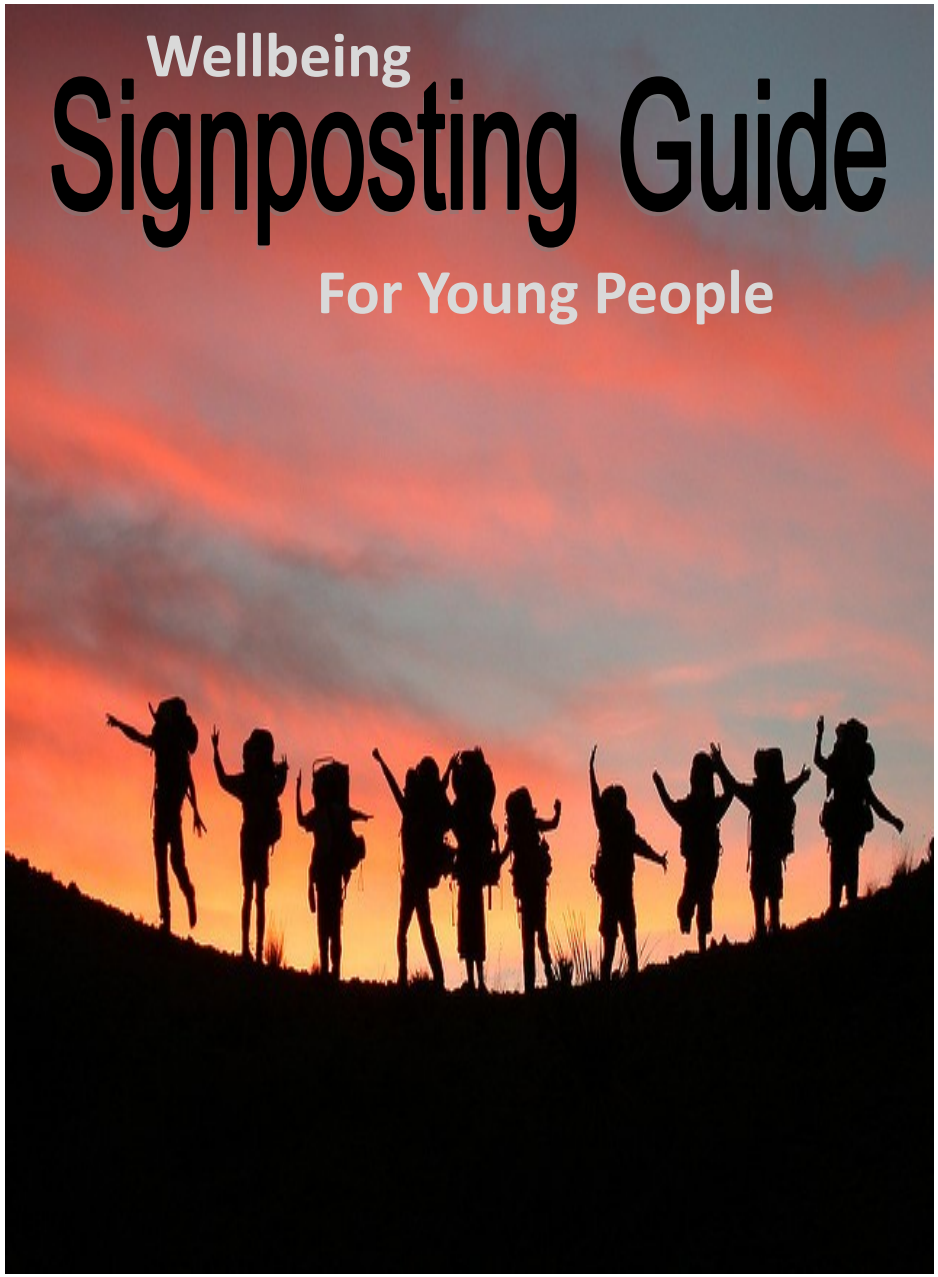
www.hpft.nhs.uk/spot-the-signs

mind for better mental health Hertfordshire Network

Hertfordshire Partnership NHS University NHS Foundation Trust

Hertfordshire

mind for better mental health in Mid Herts



mind for better mental health | Hertfordshire Network

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Hertfordshire Partnership NHS University NHS Foundation Trust

SPOT THE SIGNS & SAVE A LIFE

SPOT THE SIGNS OF SUICIDE RISK AND YOU COULD SAVE A LIFE

Spot the Signs is a suicide prevention campaign helping to remove the stigma of talking openly about suicide. We provide training courses and signpost individuals to mental health support in Hertfordshire. Spot the Signs Young People's project aims to:

- Increase public awareness of suicide in young people
- Reduce the stigma associated with seeking mental health support
- Provide suicide awareness training to professionals working with young people in Hertfordshire
- Encourage peer support
- Signpost children and young people to support services
- Promote support for families where a family member is at risk

Our vision is to make Hertfordshire a county where no one gets to a point they feel suicide is their only option.

www.hpft.nhs.uk/spot-the-signs

Notes

Please use this page to add your own notes or comments.

Apps

There are a variety of apps for ISO and android devices that can support your mental health.

If you are concern about online safety or bullying visit CEOP to learn about internet safety and report online abuse at www.ceop.police.uk

Calm Harm is a free app with password protection that provides a range of techniques to relive emotional distress. It's particularly helpful if you often use self harm to cope.

Focus on the go 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 managing anxiety and relaxation methods.

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

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

Contents

Crisis Support 4
Addiction 6
Bereavement 7
Education & Employment 8
Family Support 9
Sex, Sexuality & Gender 10
Mental Health
- Counselling 12
- Eating 13
- Self Harm 13
- Suicidal Thoughts 13
- General Mental Health Support 14

Money 16
General 17
Apps 18

Crisis Support

If you are worried about your own or someone else's suicidal thoughts or feelings you can contact the below services for support:

- In a life threatening situation call **999**
- **Samaritans:** free confidential support 24/7 call **116 123**
- **Childline:** free 24hr counselling service call **0800 1111**
- **HPFT Single Point of Access (SPA)** take referrals for NHS mental health services. Call **0300 777 0707** (8am - 7pm)
- Contact your **GP** to make an **urgent appointment** to discuss your mental health needs
- **Nightlight Crisis Service** if you are 18+ years you can seek support Fri - Mon, 7pm—2am. Call **01923 256 391**

www.hpft.nhs.uk/spot-the-signs

General

Bullying UK offer advice if you or someone you know is being bullied. They also have a free, confidential helpline for parents, open Mon - Fri 9am - 9pm, Weekends 10am - 3pm.
Tel: 0808 800 2222; **Web:** www.bullying.co.uk

Chat Health a texting service for 11 - 19 year olds in Hertfordshire, where you can text your school nurse for guidance and support. Open Mon - Fri 9am - 5pm.
Text: 07480 635 050

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

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

NHS 111 If you need urgent medical advice but it is not an emergency then you can call **111** (in case of an emergency or life threatening situation call **999)**

NHS Stop Smoking Service if you would like advice and support in stopping smoking you can visit the website to find your closest service. **Web:** www.nhs.uk/smokefree

Money

Gamblers Anonymous provides support for gamblers and their friends and/or family. **Web:** www.gamblersanonymous.org.uk

Hertfordshire Citizens Advice offer guidance on debt and money, benefits, housing and legal matters. Find your closest centre on the website. **Web:** www.hcas.org,uk

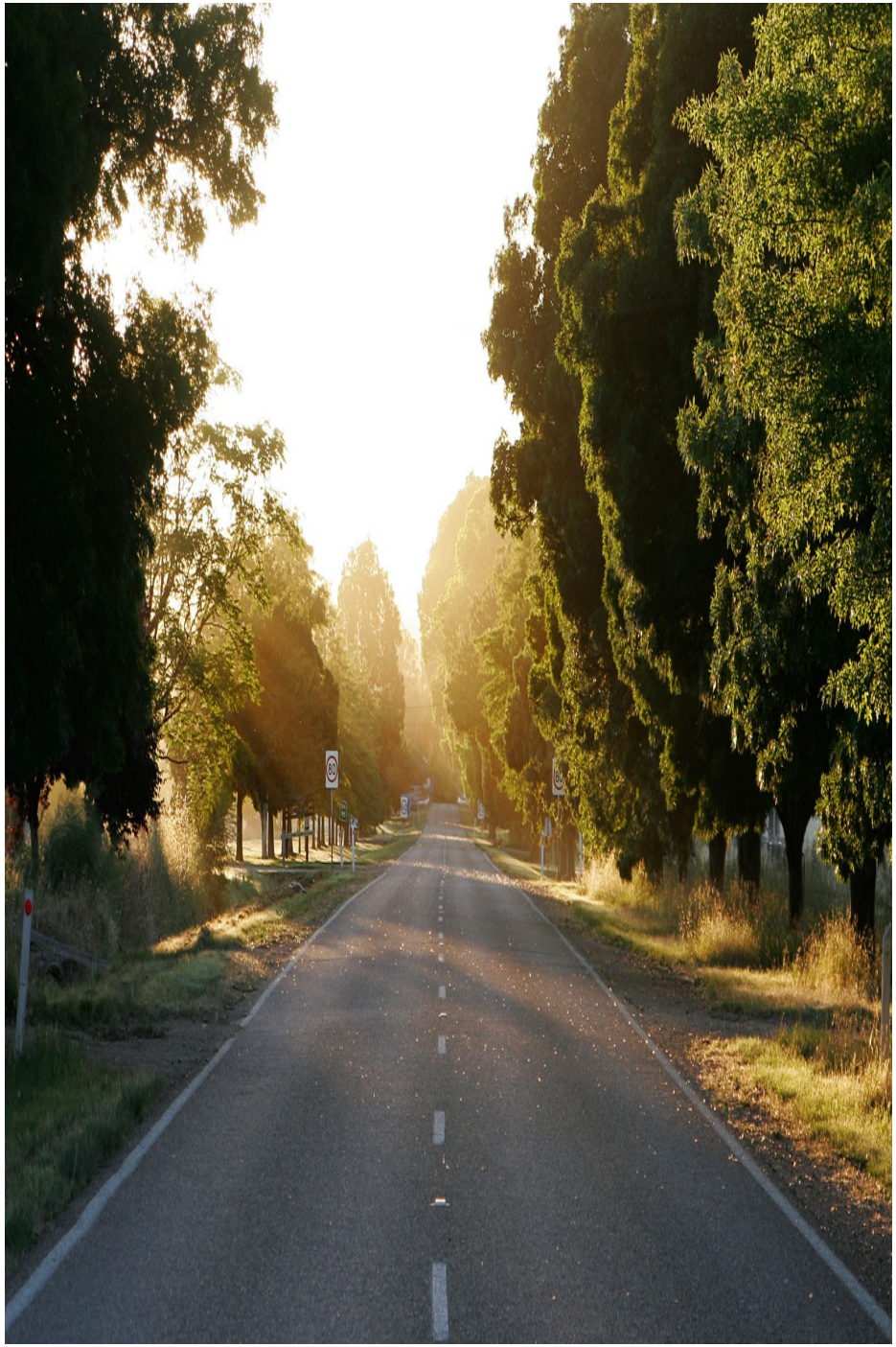
Hertfordshire County Council provide guidance for young people about benefits , entitlements and budgeting. Visit their website and search for 'Money Advice Factsheets'.
Web: www.hertfordshire.gov.uk/childrens-social-care

Hertfordshire Young Homeless offer advice and practical support such as; family mediation, and host families, for 16 - 24 year olds who are homeless or worried they might become homeless.
Tel: 0800 0355 775; **Web:** www.hyh.org.uk

National Debtline provide advice for managing any debts you might have through a free helpline open Mon - Fri 9am - 8pm, Sat 9:30am - 1pm. **Tel:** 0808 808 4000; **Web:** www.nationaldebtline.org

Open Door are an 18+ only homeless shelter.
Tel: 01727 859113; **Web:** www.hpcha.org.uk/open-door

YC Hertfordshire give guidance and support to young people.
Tel: 0300 123 4043; **Email:** yc@hertfordshire.gov.uk
Web: www.youthconnexions-hertfordshire.org



Addiction

AF-DASH (Adolescent & Family Drug and Alcohol Service for Hertfordshire) support for young people struggling to manage their use or drugs and/or alcohol. **Tel:** 01992 531 917; **Text:** 07770 537 227; **Email:** AFDASH@hpft.nhs.uk

DrugFAM provide support to families, friends and carers who are struggling to cope with a loved one's addiction to drugs or alcohol. **Tel:** 0300 888 3853; **Web:** www.drugfam.co.uk

FRANK offer a 24 hour confidential helpline for young people with questions or concerns about alcohol or drugs, or you can chat online with advisors daily from 2pm - 6pm.
Tel: 0300 123 6600; **Web:** www.talktofrank.com

Future Living Hertford offers the 'Kick it' project for young people struggling with addiction, bullying, abuse and/or neglect.
Tel: 01992 537 344; **Email:** info@futurelivinghertford.co.uk;
Web: www.futurelivinghertford.co.uk

Gamblers Anonymous provides support for gamblers and their friends and/or family. **Web:** www.gamblersanonymous.org.uk

Health for Teens offer advice for 11 - 19 years on topics from emotional wellbeing, addiction and healthy relationships.
Web: www.healthforteens.co.uk



Mental Health

General Mental Health Support

Big White Wall are an online support network for 16+ years.
Web: www.bigwhitewall.com

Healthy Young Minds in Herts provides information for children and young people on keeping mentally well and where to seek support
Web: www.healthyyoungmindsinherts.org.uk

Health for Kids provides information for children on staying healthy and understanding feelings. **Web:** www.healthforkids.co.uk

Health for Teens provide 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) HPFT's SPA can put you in touch with the relevant NHS mental health service. **Tel:** 0300 777 0707 (8am - 7pm).

Step 2 CAMHS is HCT's early intervention mental health service for children up to 19 years. Referrals by professionals can be made through SPA (see above).

The Mix information and support for the under 25's covering a range of topics including mental health. Their helpline and webchat are open 11am - 11pm daily. **Tel:** 0808 808 4994; **Web:** www.themix.org.uk

Wellbeing Service offer CBT (Cognitive Behavioural Therapy) and group therapy to anyone over 16 years struggling with their mental health, visit the website to refer in. **Web:** www.talkwellbeing.co.uk

Young Minds Provide information about all things mental health, from medication to coping strategies. **Web:** www.youngminds.org.uk

Bereavement

Bereavement Matters—St Albans and District Bereavement Network offer bereavement counselling to families and young people in the St Albans District. Their telephone helpline is open 9am - 1pm Mon - Fri. **Tel:** 01727 841 841;
Email: admin@sabn.org.uk; **Web:** www.sabn.org.uk

Child Bereavement UK have advice on managing grief and local services. **Web:** www.childbereavementuk.org

Cruse Bereavement Care Hertfordshire support the wellbeing of anyone aged 5 - 18 years who's experienced the death of a loved one. Leave a message on their 24hr helpline and they will contact you back. **Tel:** 01707 264 293;
Web: www.cruse-hertfordshire.org.uk

Hope Again is the youth website for Cruse Bereavement Care—Nationwide. You can call their free helpline Mon - Fri from 9:30am - 5pm. **Tel:** 0808 808 1677;
Email: hopeagain@cruse.org.uk; **Web:** www.hopeagain.org.uk

Stand By Me offer children and young people in North Herts and Stevenage group work bereavement support, including children bereaved by suicide. Also offer advice to parents/carers and professionals working with young people.
Tel: 07469 255163; **Email:** info@stand-by-me.org.uk;
Web: www.stand-by-me.org.uk

Education & Employment

In School?

If you feel you are struggling with school life you can contact your Head of Year or Head of Key Stage for some guidance and support.

Seeking Employment/Further Education?

Herts Youth Futures offers support for 15 - 19 year olds that are not currently in education, employment or volunteering to get back into education or employment through a variety of youth projects, sports and 1:1 support. **Tel:** 01992 556 183;
Email: bbo@hertfordshire.gov.uk;
Web: www.hertfordshire.gov.uk

Job Centre Plus offer support with finding employment for 18 years and over. www.gov.uk/contact-jobcentre-plus

YC Hertfordshire give guidance and support to young people seeking employment. **Tel:** 0300 123 4043;
Email: yc@hertfordshire.gov.uk;
Web: www.youthconnexions-hertfordshire.org

YMCA deliver sessions across Hertfordshire to support young people to gain apprentices and employment. Visit their website to find your closest service. **Web:** www.oneymca.org

Eating

BEAT (Beating Eating Disorders) offer advice and guidance on 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 (8am - 7pm).

Self Harm

CALM (Campaign Against Living Miserably) offer support to young males struggling with low mood, self-harm and suicidal thoughts. Their helpline runs daily 5pm - midnight, or you can use their webchat. **Tel:** 0800 585858; **Web:** www.thecalmzone.net

Self Harm UK offer support to individuals dealing with and recovering from self-harm. **Web:** www.selfharm.co.uk

Self-Injury Support provide TESS, a support and information text service for females under 24 years who are struggling with self harm.
Tel: 0808 800 8088; **Text:** 0780 047 2908;
Web: www.selfinjurysupport.org.uk

Suicidal Thoughts

Hector's House was set up by the family of Hector who died by suicide. Their website offers on where you can seek further support.
Web: www.hectorshouse.org.uk

Papyrus Prevention of Young Suicide offer support through their helpline (HOPEline UK) to those under 35 years that are having thoughts of suicide Mon - Fri, 10am - 10pm, Weekends 2pm -10pm.
Tel: 0800 068 4141; **Text:** 07786 209 697; **Web:** www.papyrus-uk.org

Saneline provide information and have a helpline open 4:30pm - 10:30pm daily. **Tel:** 0300 304 7000; **Web:** www.sane org.uk

The OLLIE Foundation have a website with information on where you can seek further support if you're having suicidal thoughts.
Web: www.theolliefoundation.org.uk

Mental Health

Counselling

Childline offer free, confidential counselling to under 19's though their helpline and webchat. **Tel:** 0800 1111; **Web:** www.childline.org.uk

Kooth provides free, anonymous online counselling for 10 - 25 year olds. You can IM counsellors Mon - Fri, midday-10pm, and Sat - Sun, 6pm - 10pm. **Web:** www.kooth.com

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

School Counsellor if you are in school , college or University they might have an on-site counsellor. To find out more ask your Head of Year or Pastoral Lead

Rephael House offer free, confidential counselling for 13 - 19 year olds based in Welwyn Garden City and Hatfield. **Tel:** 020 8440 9144; **Email:** ceo@rephaelhouse.org.uk; **Web:** www.rephaelhouse.org.uk

Signpost offer free, confidential counselling for 10 - 25 year olds in West Herts.
Tel: 01923 239 495; **Web:** www.signpostcounselling.co.uk

Tilehouse Counselling offer free, confidential counselling to 13 - 19 year olds in Hitchin. **Tel:** 01462 440 674; **Email:** info@tilehouse.org
Web: www.tilehouse.org

Youth Talk provide free, confidential counselling for 13 - 25 year olds who live, work, or study 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, mentoring and brief therapy for 5 - 19 year olds with schools and SPA.
Tel: 01992 588 796 (Mon - Fri, 9am - 5pm);
Email: safespacemailbox@hertfordshire.gov.uk

Family Support

Childline if you are concerned about yourself or a child in your family you can call for confidential, free support. **Tel:** 0800 111

DrugFAM provide support to families, friends and carers who are struggling to cope with a loved one's addiction to drugs or alcohol. **Tel:** 0300 888 3853 **Web:** www.drugfam.co.uk

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

Hertfordshire Domestic Abuse Helpline confidential, free helpline for anyone affected by domestic abuse, Mon - Fri 9am - 9pm, Weekends 9am - 4pm. **Tel:** 08 088 088 088

Home Start Herts A children's charity and family support service offering emotional and practical support to parents of children under 12.
Tel: 01438 367788; **Web:** www.home-startherts.org.uk

The Hideout is a website with advice and information about domestic abuse. **Web:** www.thehideout.org.uk

Young Carers in Hertfordshire offer practical and emotional support to young people with caring responsibilities.
Web: www.ycih.org

Sex, Sexuality & Gender

Brook Advisory Service offer a confidential, free helpline to under 25 years relating to pregnancy and contraception (Mon - Fri 9am - 7pm, closed 2pm - 3:30pm on Thursdays).
Tel: 0808 802 1234; **Web:** www.brook.org.uk

Herts Aid offers guidance and support about sexual health .
Tel: (Watford) 01920 484 784, **(Ware)** 01923 803 440;
Web: www.hertsaid.co.uk

Hertfordshire Domestic Abuse Helpline confidential, free helpline for anyone affected by domestic abuse, Mon - Fri 9am - 9pm, Weekends 9am—4pm. **Tel:** 08 088 088 088

Mermaids provide support to young people who feel at odds with their birth gender, through their helpline (Mon - Fri, 9am - 9pm) and website.
Tel: 0344 334 0550; **Email:** info@mermaidsuk.org.uk;
Web: www.mermaidsuk.org.uk

YC Hertfordshire have LGBTQ+ support groups across the county. **Tel:** 0300 123 4043; **Email:** yc@hertfordshire.gov.uk;
Web: www.youthconnexions-hertfordshire.org

Young Pride in Herts run youth groups for LGBT 13 - 25 years. **Tel:** 07800 654518; **Web:** www.youngprideinherts.org.uk
Twitter: @HertsYoungPride

Young Stonewall provide information and support for young LGBTQ+ individuals across the UK.
Web: www.youngstonewall.org.uk

