

Mental health support and advice



Includes information about mental health and some of the resources and services that can help you.

Local Support

Promoting Mental Wellbeing Through Physical Activity Programme

The last two years have been challenging for our mental health and as we move to 'living with coronavirus' we know it will have a deep and lasting impact. There's a lot of research that suggests physical activity can build resilience, support, and enable mental health recovery, and tackle mental health stigma.

The Mental Health & Suicide Prevention Team (Adults) within Hertfordshire County Council Public Health introduced a grants process in February 2022 inviting community and voluntary organisations within Hertfordshire to apply for grants of up to £10,000 to fund projects that promote physical activity and help improve mental health wellness.

For more information regarding projects, please email us at PublicMentalHealth@hertfordshire.gov.uk



Guideposts

A mental health and wellbeing charity created to support people living with mental health problems, disability, or caring responsibilities to have a better quality of life by enabling them to strengthen their emotional wellbeing and be a part of their local communities.

Guideposts offer support in many different formats including group and social activities, physical activities, 1:1 support and crisis management, courses, outreach support, peer (client-led) support, and support for carers. Encompassing it all is a supportive community who will help you manage your mental health condition.

While their main hub is at Henry Smith House in Watford, they also have activities in Garston, Rickmansworth, Borehamwood, South Oxhey and Potters Bar.

All support is carefully tailored to people's individual needs and aspirations to enable you to manage your condition, reach recovery and build resilience. We base this on the Star recovery model, where each individual sets goals jointly with their link worker during Star sessions.

For more information, please visit <https://guideposts.org.uk/hertfordshire-services/> or call 01923 223554



Healthy Hubs

Hertfordshire's Healthy Hubs act as a free one-stop-shop for health and wellbeing information, advice, and support, making sure residents across all ten district and borough councils receive the practical help or guidance that is right for them.

The Healthy Hubs have been able to help thousands of Hertfordshire residents improve their health and wellness over the past 18 months, offering advice and guidance for weight management, smoking cessation, mental health difficulties, alcohol dependency, healthy eating, becoming more active and reducing drug use and addiction.

Website: <https://www.healthyhubs.org.uk/home.aspx>



Hertfordshire Partnership University NHS Foundation Trust (HPFT)

HPFT provides mental health and social care services for adults of working age, older adults, children and adolescents and specialist learning disabilities services.

HPFT works in close partnership with Hertfordshire County Council and other NHS organisations to promote and support mental health in the community.



Single Point of Access (SPA) information

If you are a Hertfordshire resident and you are not already in contact with their services and you, a friend or relative are experiencing mental health problems for the first time and need emergency treatment, you can contact the Single Point of Access as follows:

Phone: 0800 6444 101

If you are already in contact with their services and need help during working hours (9am– 5.15pm) please contact your care coordinator.

Out of hours you can reach their Helpline by calling **0800 6444 101**

Out-of-hours mental health helpline

For out-of-hours advice and telephone support from a mental health professional please call the Helpline on **0800 6444 101**

The NHS HPFT Wellbeing Service

This service offers short term support to people with mild to moderate mental health issues such as depression and anxiety.

Website: <https://www.hpft.nhs.uk/services/community-services/wellbeing-service/>



Hertfordshire Mind Network

Mind deliver essential mental health support in Hertfordshire, providing a diverse range of services from their seven Wellbeing Centres and other venues across all ten districts of the county. Funded locally, their services are available to all residents in Hertfordshire over the age of 18.

Mind create opportunities for individuals experiencing mental ill health to make choices, find their solutions, build resilience, and manage their whole life and wellbeing. Their services are based on the principle of self-help with a strong emphasis on prevention, personal development, self-management and improving health and wellbeing.

Wellbeing Centres:

- Bishops Stortford
- Borehamwood
- Dacorum
- Letchworth
- Waltham Cross
- Ware
- Watford & Three Rivers

Contact: 02037273600 or info@hertfordshiremind.org



- Facebook:
<https://www.facebook.com/HertsMindNetwork>



- Twitter:
<https://twitter.com/HertsMind>



- Instagram:
<https://www.instagram.com/hertfordshiremind>

New Leaf Recovery and Wellbeing College

At the college, New Leaf offer hope for the future despite life's challenges, opportunity, learning from other students' experiences, equipping students with the skills to make changes to support their wellbeing. The college is not somewhere to obtain qualifications but to learn self-management and personal development.

The ethos is to increase students' knowledge and skills and help them take control by learning self-management strategies to help their mental health and wellbeing. The concept emerged by recognising people being experts in their own care, and their views should be central to their recovery journey.

The college offers hope, opportunities, and the tools for students to self-manage and takes control. We offer students support, resources, and the time to reflect to discover how to manage their own well-being.

The college managed by Hertfordshire Partnership NHS University Foundation Trust (HPFT) and is free to all Hertfordshire residents aged 18 and over. For more information, please contact 01442 864 966.

Nightlight Crisis Helpline

Service for individuals that are experiencing a mental health crisis and would like someone to talk to.

The helpline will provide emotional support, advice and information if one is feeling distressed and are in crisis. Also, individuals can call if their mental health has been impacted by COVID-19 pandemic. Individuals will be offered sensitive and non-judgmental support from dedicated Crisis Support Workers and Peer Mentors.

To find out more about the Crisis Helpline and see their opening times, check out the Herts Mind Network website.



Mind in Mid Herts

Mind in Mid-Herts provide prevention, recovery and support services in Hertfordshire including, mental health courses and workshops, social groups, exercise groups, psychological therapies, 1:1 calls, LGBTQ+ and carers groups as well as vocational support. In addition, since last April Mind in Mid Herts have been running free, fully funded live daily mindfulness session led by a qualified mindfulness and mental health practitioner.

To access any of their services please call 03303 208100 or visit their website: www.mindinmidherts.org.uk



Togetherall

Hertfordshire County Council's Public Health team have launched Togetherall, an evidence-based, clinically moderated, online 24/7 peer-to-peer mental health community, for residents of Hertfordshire who may be feeling low or depressed.

At least one in four Hertfordshire residents will experience mental health problems at some point in their lives. Togetherall can help to prevent mental health unwellness with a range of support, courses, and advice with the additional benefit of professionals monitoring for any signs of distress.

JOIN NOW!

Any Hertfordshire resident aged 16+ can join by:

1. Visiting togetherall.com > Click 'Register Button' > then followed by 'My Area is Registered' tile.
2. Create a username
3. Complete a few basic questions
4. Verifying your account by clicking on the button within an email sent by Togetherall to activate your account.



Viewpoint

A user involvement charity for people to share their personal experiences on drugs, alcohol, and mental health to influence positive change.

Viewpoint is the only organisation of its kind in Hertfordshire that focuses on giving people a voice to influence change. Hearing first-hand from their users offers valuable advice that can help others. Through their expertise, this information can greatly help providers to make the biggest difference in peoples' lives.

They achieve this by:

- Representing our service users
- Holding 'Get Together' meetings with Guest Speakers from different services around the county
- Hosting specialist workshops
- Carrying out surveys and listening to user feedback
- Providing training and recovery focused courses

Additionally, they offer training courses in many areas, for example, personality disorder, mental health first aid, impact of substance misuse and transgender awareness to name a few. This training is unique as it is provided by people with lived experience which makes it reflective and authentic.

For more information, please contact Viewpoint at 01707386136 or visit the Viewpoint website:

<https://www.hertsviewpoint.co.uk/>



Mental Health

Every Mind Matters

A national campaign launched by the Office for Health Improvement & Disparities. The website provides NHS-endorsed tips and advice to help you look after your mental health and wellbeing. It also provides help and advice for parents and carers.

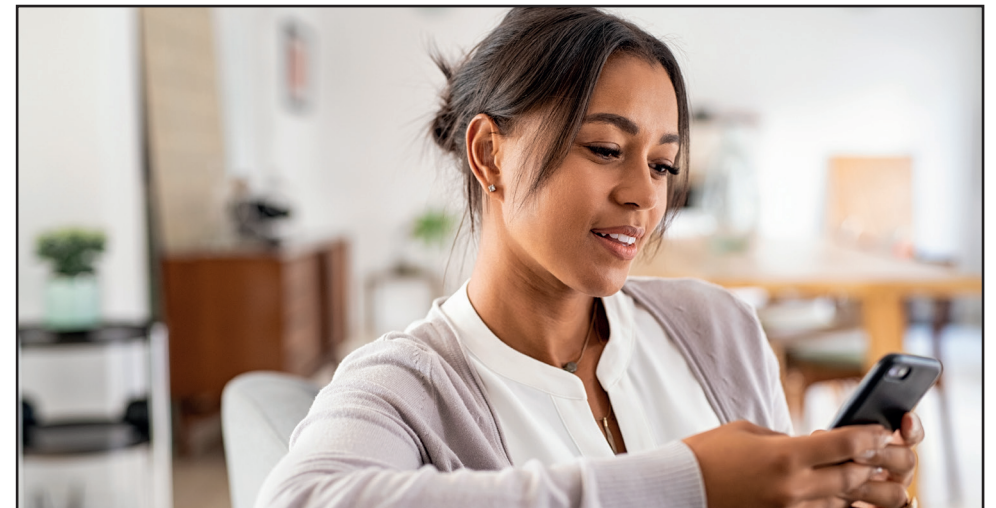
Website: <https://www.nhs.uk/every-mind-matters/>



SHOUT

Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. SHOUT have had more than 1,000,000 conversations with people who are anxious, stressed, depressed, suicidal, or overwhelmed and who need immediate support.

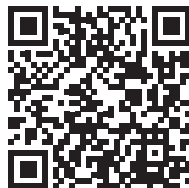
Text 'SHOUT' to 85258 (Open 24/7, 365 days a year)



Suicide Prevention

Campaign Against Living Miserably (CALM)

Provides services and support to tackle suicide
<https://www.thecalmzone.net/what-we-stand-for>



Hertfordshire Suicide Prevention Network

Hertfordshire Suicide Prevention Network was established in 2017 to engage multiple agencies across several sectors, to help deliver our vision to make Hertfordshire a County where no-one ever gets to a point that suicide is their only option. This has now grown to have over 120 people engaged in the wider suicide prevention network.

The suicide prevention programme completes objectives via steering groups who have over 20 organisations with an interest in, and influence on the specific project the group is delivering.

Everyone can contribute to reducing the number of suicides in Hertfordshire and improving support for those affected by suicide.

If you would like to join the Network, email us at suicidepreventionherts@hertfordshire.gov.uk

One Call Away – Gypsy/Traveller Support

One Call Away aims to raise awareness about the challenges of mental health whilst serving the Gypsy community and the Church
Email: onecallawaytoday@gmail.com
Phone: 07748997617

Stay Alive App

The Stay Alive app is a useful suicide prevention resource packed with useful information and tools to help you stay safe in crisis

Zero Suicide Alliance

The Zero Suicide Alliance (ZSA) website was developed to support individuals, communities and organisations to meet people's mental health needs before, during and after experiencing crisis - to ultimately help prevent suicide in the UK and beyond



Website:

<https://www.zerosuicidealliance.com/ZSA-resource-library>



Suicide Bereavement Support

Cruse Bereavement Care Hertfordshire

Cruse Bereavement Care Hertfordshire provide telephone support to bereaved people via a telephone helpline.

Cruse Bereavement Hertfordshire helpline number:
01707278389

Website: <https://www.cruse.org.uk/get-support>



Help is at Hand



A PDF resource for people bereaved through suicide or other unexplained death, and for those helping them.

<https://supportaftersuicide.org.uk/resource/help-is-at-hand/>



Support and Advice for Men

ANDYSMANCLUB

A Men's Mental Health Charity – Offering free-to-attend talking groups for men aged over 18 and challenging the stigmas around Male Mental Health.

ANDYSMANCLUB started off as one group in the small, northern town of Halifax and now continues to grow across the UK.

ANDYSMANCLUB can be contacted about anything and will do their utmost to help you anyway they can.

Phone: +44 203 203 5040

Facebook: <https://www.facebook.com/Andys-Man-Club-Barnet-101781179121016>

Email: info@andysmanclub.co.uk



For more information please visit our Happiness, Wellbeing and Mental Health page:

<https://www.hertfordshire.gov.uk/services/health-in-herts/happiness-wellbeing-and-mental-health.aspx>



Or you can contact us at
PublicMentalHealth@hertfordshire.gov.uk

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|------------------|---|
| Manawar Jan Khan | Health Improvement Lead |
| Jesse Eyoma | Health Improvement Coordinator |
| Sukhi Khattran | Health Improvement Coordinator (Gypsy, Roma and Traveller Communities) |

If you would like an electronic version of this booklet, please email
PublicMentalHealth@hertfordshire.gov.uk