

## **Do you need some support? You may find these resources helpful.**

### **Parentline - 0808 800 2222**

24 hour helpline offering a confidential listening service providing an opportunity to talk through the issues you are facing as a parent and help decide what to do next.

### **Young Minds - [www.youngminds.org.uk](http://www.youngminds.org.uk)**

Provides support to improving the emotional wellbeing and mental health of children and young people. Free helpline: 0808 802 5544

### **Home Start - [www.home-start.org.uk](http://www.home-start.org.uk)**

A voluntary organisation that offers free support for families struggling with physical and emotional issues surrounding family life. Support includes post-natal illness, isolation, disability, bereavement, domestic violence and much more. Stevenage office tel: 01438 367788 Email: [homestartstev@btconnect.com](mailto:homestartstev@btconnect.com)

**Apps / National websites** There are several apps to support mental health and Wellbeing. You are responsible for ensuring apps are appropriate for your age and needs. You may consider the ThinkNinja app: As a direct response to the COVID-19 situation, Healios have updated ThinkNinja with specific COVID-19 content. This will bring self-help knowledge and skills to children and young people (10-18 years old) who may be experiencing increased anxiety and stress during the current situation.

<https://www.healios.org.uk/services/thinkninja1>

**Herts Mind Network** have a helpline for children and young people aged 10-17. The helpline provides a safe, non-judgemental space to talk to a Young People Advisor or Mentor who will provide emotional support, advice and information and discuss coping strategies. For opening hours and more information please visit the website <https://www.hertsmindnetwork.org/young-peoples-helpline>. The helpline number is 01923 256391. Herts Mind Network also have a Young People's online group for those over 15. You can find out more here: <https://www.hertsmindnetwork.org/young-peoples-online-group>

**School** – although staff at your school are very busy keeping everyone safe, you can still approach your pastoral team at school for advice and guidance. Further support If you are experiencing mental health difficulties that are significantly interfering with your ability to do the things you normally do, please contact (or ask your parents or carers to) Hertfordshire Partnership Foundation Trust Single Point of Access 0800 6444 101. This line is open 24/7 and can direct your enquiry to a number of specialist services depending on your needs.