

# #JUSTTALK



**Mental health and wellbeing information for parents and carers in Hertfordshire**



**"It's okay to not be okay"**



## **"Talking shows strength"**

Information for parents and carers of children and young people. We all have mental health, and there are things all of us can do to help look after our own wellbeing and mental health, and to support those around us.

Hertfordshire's Just Talk website: [www.justtalkherts.org](http://www.justtalkherts.org) is a central hub of information and resources for parents, carers and young people in Hertfordshire, to help children and young people improve their emotional wellbeing, build their resilience and develop positive coping strategies. It also has details of other organisations who can help if parents, carers, children and young people are struggling:

**[www.justtalkherts.org](http://www.justtalkherts.org)**

**Five Ways to Wellbeing e-learning**

**Facebook: JustTalkHerts**

**Instagram: @JustTalkHerts**

**Twitter: @JustTalkHerts**

[www.mindedforfamilies.org.uk](http://www.mindedforfamilies.org.uk) is a national website for quality assured and free e-learning about young people's mental health and wellbeing.



# Where to find advice and information

## Hertfordshire websites

- [www.justtalkherts.org](http://www.justtalkherts.org) for self help information and details of a range of support available.
- [www.servicesforyoungpeople.org](http://www.servicesforyoungpeople.org) - part of Hertfordshire County Council, providing youth work projects, information, advice, guidance, work-related learning and wider support for young people in Hertfordshire.
- [www.servicesforyoungpeople.org/support-for-young-people/support-for-young-lgbtplus-people](http://www.servicesforyoungpeople.org/support-for-young-people/support-for-young-lgbtplus-people) - projects across the county for the young LGBT+ community of Hertfordshire.
- [www.healthyhubs.org.uk](http://www.healthyhubs.org.uk) - free information, advice and support to help you stay healthy and well.
- [www.hertsmindnetwork.org](http://www.hertsmindnetwork.org) - essential mental health support for Hertfordshire residents over the age of 18 and dedicated services for 10-18 year olds.
- [www.carersinherts.org.uk](http://www.carersinherts.org.uk) - advice, information and support to unpaid carers.
- [www.healthyyoungmindsinherts](http://www.healthyyoungmindsinherts) - information on emotional health and wellbeing support.
- [www.newleafcollege](http://www.newleafcollege) - educational courses about mental wellbeing, free to all Hertfordshire residents aged 18 and over.
- [www.healthforkids.co.uk](http://www.healthforkids.co.uk) - top tips and advice on all aspects of children's emotional and physical health.
- [www.healthforteens.co.uk](http://www.healthforteens.co.uk) - information for teenagers about all aspects of health and lifestyle.
- [www.hpftcamhs.nhs.uk](http://www.hpftcamhs.nhs.uk) - information for young people, parents, carers and professionals about mental health issues and HPFT's CAMHS services.

## UK websites

- [www.annafreud.org](http://www.annafreud.org) - advice and guidance to help parent and carers support children and young people who may be struggling with poor mental health.
- [www.themix.org.uk](http://www.themix.org.uk) - leading support service for young people in the UK.
- [www.youngminds.org.uk](http://www.youngminds.org.uk) - mental health charity for children, young people and their parents, making sure all young people can get the mental health support they need.
- [www.nhs.uk/everymindmatters](http://www.nhs.uk/everymindmatters) - NHS mental health resources include tailored advice, as well as practical tips on sleep and self-care.



# Where to find more advice and help

## Parents and carers

You or your child might need some more advice, especially when experiencing difficulties, feelings of anxiety or low mood, or whilst adjusting to changes in life. You could speak to:

- your child's teacher, or mental health lead at their school or college
- your GP
- Hertfordshire's family centre service at: **0300 123 7572** or [www.hertsfamilycentres.org](http://www.hertsfamilycentres.org)
- Chathealth texting service for parents/carers of 0-5s: **07480 635164**
- Hertfordshire's Wellbeing Service for people age 16+ at: [www.northessexiapt.nhs.uk](http://www.northessexiapt.nhs.uk)
- HPFT (one of Hertfordshire's NHS providers of mental health services) **24/7 freephone helpline: 0800 6444 101** or you can have a live webchat Monday to Friday 7am-7pm at: [www.hpft.nhs.uk](http://www.hpft.nhs.uk)

## Young people

- free online counselling for anyone age 11-25 at [www.kooth.com](http://www.kooth.com)
- Herts Mind Network, Young People's Helpline for 10-17s: **01923 256391**
- Chathealth text messaging service for secondary school aged young people: **07480 635050**.

## Where to get some urgent help

- Call HPFT's freephone 24/7 helpline: **0800 6444 101** or
- Call NHS 111 and select option two for mental health services

**In the event of a life threatening condition that requires an emergency intervention. call 999 for the emergency services.**

