



TALKING SHOWS STRENGTH

Emotional Help for Young People in Hertfordshire

If you're often feeling worried, anxious or low, it's always best to reach out and ask for some help. You could ask to speak to your teacher or your GP, or...

With YOUTH

Digital Wellbeing Service for 5-18s including Lumi Nova Therapeutic Gaming App for 7-12s
Instant Messaging at www.withyouth.org
or call 0208 189 8400

Herts Haven Cafes: Drop-in space for children and young people to access support for their emotional wellbeing

ChatHealth

for 11-19s at www.chathealth.nhs.uk
Text: 07480 635050

The Sandbox

Online mental health support for 10-25s
at sandbox.mindler.co.uk

24/7 freephone helpline

If you or someone you care about is having a mental health crisis
Call: 0800 6444 101 or NHS 111 opt.2

If someone is seriously ill or injured,
dial 999 for the emergency services

#JUSTTALKHERTS

WWW.JUSTTALKHERTS.ORG



JUSTTALK



TALKING SHOWS STRENGTH

Emotional Help for Young People in Hertfordshire

If you're often feeling worried, anxious or low, it's always best to reach out and ask for some help.

You could ask to speak to your teacher or your GP, or...

With YOUTH

Digital Wellbeing Service for 5-18s including
Lumi Nova Therapeutic Gaming App for 7-12s
Instant Messaging at www.withyouth.org
or call 0208 189 8400

Herts Haven Cafes: Drop-in space for children and young people to access support for their emotional wellbeing

ChatHealth

for 11-19s at www.chathealth.nhs.uk
Text: 07480 635050

The Sandbox

Online mental health support for 10-25s
at sandbox.mindler.co.uk

24/7 freephone helpline

If you or someone you care about is having a mental health crisis
Call: 0800 6444 101 or NHS 111 opt.2

If someone is seriously ill or injured,
dial 999 for the emergency services

#JUSTTALKHERTS

WWW.JUSTTALKHERTS.ORG



JUST TALK