

## If you would like to access our services...

Please contact us to arrange an initial appointment. Alternatively you can ask your GP or mental health worker for a referral. Your first appointment will provide an opportunity to discuss your needs and how we can support you. Referral forms can be downloaded from our website.

## Volunteering

If you would like to use your experience to assist others and have the opportunity to gain an introduction to Counselling Skills certificate, then please contact us to find out more about volunteering. Ongoing support, training and supervision are provided and expenses can be claimed.



## Herts Mind Network

● Telephone:  
08444 772212

● Email:  
[info@hertsmindnetwork.org](mailto:info@hertsmindnetwork.org)

● Website:  
[www.hertsmindnetwork.org](http://www.hertsmindnetwork.org)

● Centre for Well-Being Dacorum  
139 Leighton Buzzard Road  
Hemel Hempstead  
Hertfordshire  
HP1 1HN

● Centre for Well-Being Ware & East Hertfordshire  
14 New Road  
Ware  
Hertfordshire  
SG12 7BS

● Centre for Well-Being Watford & East Hertsmere  
501 St Albans Road  
Watford  
WD24 7RZ

# Herts Mind Network



Improving emotional  
wellbeing



Herts Mind Network is a mental health organisation providing a diverse range of services across South East Hertfordshire, East Herts mere, Watford and Dacorum.

Our aim is to promote positive mental health and assist recovery by meeting the needs of individuals, enabling them to make informed choices and take control of their lives.

All services are based on the principle of self-help with a strong emphasis on personal development and recovery. We work with anyone from 18 years with no upper age limit.

Our services includes:

- Personal Development
- Peer support
- Education and Training
- Physical Health and Wellbeing
- Counselling
- Vocational Advice
- Volunteer Training
- Specialist B.M.E provision throughout all services

**3D:** a facilitated group based on life coaching principles supporting people to develop and realise their skills, goals and aspirations.

**Carers:** a range of groups providing activities and support as a diversion from the caring role, open to anyone who cares for another person.

**Counselling:** one to one counselling available at a range of venues.

**Education:** learning opportunities in subjects such as: art, craft, IT, creative writing, languages and others as requested.

**Friendship Network:** a group based service designed to enable people to develop mutually supportive relationships.

**Horizons:** one-to-one social support working alongside other services to assist people to achieve their personal goals.

**Leisure:** a variety of exercise, relaxation and outside activity groups with the focus on healthy living.

**Mindworks:** assisting people towards training, employment and volunteering.

**Peer support groups:** open door social support meetings offering a varied programme of activities, to include weekends and evenings.

**Personal development workshops:** self-help courses run by experienced staff in areas such as confidence building, anxiety and stress management.

**Vocational advice:** enabling people to think about employment opportunities and support them in retaining or finding employment.

**Women:** a range of courses and self help groups specifically designed to support women.

