

Our Services

We are continuing to deliver all of our 1:1 services across the county, and we are open to new referrals:

- Peer Support Service
- Peer Mentoring
- Community Support
- Counselling
- Primary Care Network Project
- Domestic Abuse Service
- Children & Young People's Services
- Dementia support

For more information about our 1:1 services, including details of our referral process, please visit our website at www.hertfordshiremind.org

You can download a referral form from our website or give us a call on **02037 273600**.

Hertfordshire NightLight Crisis Helpline & Crisis Cafés

If you are experiencing a mental health crisis and would like someone to talk to, you can call our **Crisis Helpline**. Our helpline provides emotional support, advice and information if you are feeling distressed and are in crisis. You can also call us if your mental health is impacted by the current Coronavirus outbreak.

Crisis Helpline Number: 01923 256391

Helpline opening hours: 7pm - 1am , 7 days a week, 365 days a year

Crisis Café opening hours

We are providing Crisis Cafés from the following locations on an **appointment only basis**. Please call the helpline if you would like to arrange a visit

Ware Crisis Café: 6pm - 11pm Mon to Fri, 3pm - 11pm Sat & Sun **Watford Crisis Café:** 6pm - 11pm Mon to Fri, 3pm - 11pm Sat & Sun

NightLight Overnight Stays: Friday, Saturday, Sunday and Monday nights. Call the helpline number to talk to the team about a stay.

Young People's Helpline

If you are 10-17 years old and experiencing a dip in your mental health and wellbeing, and would like someone to talk to, you can call our Young People's Helpline.

Our helpline will provide you with emotional support, advice and information and/or a listening ear if you are worried about Coronavirus and how the current measures impact you.

Young People's Helpline Number: 01923 256391

Helpline opening hours: Mon, Wed, Fri - 13:00 - 16:30; Tues & Thurs - 17:00 - 19:30; Sat - 10:00 - 13:00

Online Meeting Places

Day	Group	Time	Dates
Monday	Meeting Place	13:30 - 15:00	Ongoing
Tuesday	Meeting Place	18:30 - 20:00	Ongoing
Thursday	Meeting Place	13:00 - 14:30	Ongoing
Friday	Meeting Place	18:30 - 20:00	Ongoing
Saturday	Meeting Place	15:00 - 16:30	Ongoing

To book your place on one of our Meeting Places, please email: meetingplaces@hertfordshiremind.org. Once your place is booked, you will receive an email with a link and joining instructions.

Online LGBTQ+ Group

Day	Group	Time	Dates
Thursday	Online LGBTQ+ Group	19:00 - 20:30	Ongoing

To book your place, email us at: meetingplaces@hertfordshiremind.org. Once booked, you will receive an email with joining instructions.

Online Groups and Activities

Day	Group	Time	Dates
Wednesday	Online Music Group	19:00 - 21:00	Ongoing

To book your place, email us at meetingplaces@hertfordshiremind.org Once booked, you will receive an email with joining instructions.

Online Young People's Wellbeing Through Learning Courses

Day	Course	Time	Dates
Details of new courses coming out soon.			

For information and on how to book your place on one of our courses, please visit our website www.hertfordshiremindcyp.org or call us on 02037 273600. Once your place is booked, you will receive an email with a link and joining instructions.

Spot the Signs & Emotional Wellbeing Online Sessions

Online Sessions	Who for	Date	Time
Introduction to Mental Health	Youth Professionals	10.01.22	13:30 - 15:00
Emotional Wellbeing & Coping Strategies	Youth Professionals	11.01.22	12:30 - 14:00
Adolescent Development	Youth Professionals	13.01.22	11:30 - 13:00
Five Ways to Wellbeing	Youth Professionals	13.01.22	10:00 - 10:45
Introduction to Spot the Signs - Youth Suicide Prevention	Youth Professionals	17.01.22	10:30 - 12:30
Spot the Signs - Youth Suicide Prevention	Parents and Families	25.01.22	10:00 - 12:00

For more information and to book on to an online session please visit our Eventbrite: bit.ly/2QZgK4f

If you would like to book an in-house session for your class or team email jessica.whittaker@hertfordshiremind.org to arrange a private online session that they can all access from home and/or in the classroom.

Online Step2Skills Wellbeing Through Learning Courses

Day	Course	Time	Dates
Monday	Building Resilience	17:30 - 20:00	10/01/2022 (6 weeks)
Monday	Understanding Anger and Other Emotions	10:30 - 13:30	17/01/2022 (5 weeks)
Wednesday	Building Self-esteem	10:00 - 13:00	23/02/2022 (5 weeks)
Thursday	Overcoming Anxiety and Fear	17:00 - 20:00	24/02/2022 (5 weeks)
Friday	Understanding Self-Compassion	10:00 - 12:00	25/02/2022 (5 weeks)
Monday	Ambassadors of Lived Experience	17:30 - 20:00	28/02/2022 (4 weeks)

For more information and details about how to book your place on one of our courses, please visit our website: www.hertsmindnetwork.org/training/step2skills-wellbeing-courses or call us on 02037 273600.

Face to Face Meeting Places

Day	Venue	Time	Dates
Tuesday	Ware Wellbeing Centre	13:00 - 14:30	Ongoing
Tuesday	Watford Wellbeing Centre	16:30 - 18:00	Ongoing
Wednesday	Dacorum Wellbeing Centre	15:00 - 16:30	Ongoing
Wednesday	Bishops Stortford Wellbeing Centre	11:00 - 12:30	Ongoing
Thursday	Waltham Cross Wellbeing Centre	11:00 - 12:30	Ongoing
Thursday	Letchworth Wellbeing Centre	11:00 - 12:30	Ongoing
Friday	Borehamwood Wellbeing Centre	13:00 - 14:30	Ongoing

For more information about these groups please call us on 02037 273600 or email us at meetingplaces@hertfordshiremind.org

Tel: 02037 273600

Email: info@hertfordshiremind.org

Web: www.hertfordshiremind.org

