

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

