

Our Service Provision

Please see below for information about the groups, activities and telephone support that we will be offering during the festive period.

For information about our services, please call us on **02037 273600** or scan the QR Code on the right to visit our website: www.hertfordshiremind.org



Our Wellbeing Centres - Opening Times

During this period our Wellbeing Centres are only open for pre-booked appointments.

Day	Time
Fri 24th December 2021 - Mon 3rd January 2022	CLOSED (except for pre-booked appointments)
Tuesday 4th January 2022	Normal hours return

Hertfordshire Crisis Helpline

Our Crisis Helpline will remain open throughout the Christmas period.

If you are struggling with your mental health, and need to speak to a member of the team then we are here.

Please call the Crisis Helpline Number: 01923 256391 Helpline opening hours: 7pm - 1am

Hertfordshire Crisis Helpline

Our Crisis Helpline will remain open throughout the Christmas period.

Crisis Cafés (Watford or Ware, depending on need) will be open during the following hours:

Monday to Friday: 6pm to 11pm and Saturday and Sunday: 3pm to 11pm

If you are in distress and would like to talk to one of our experienced staff, please call us during our opening hours on **01923 256391** to see how we can best support you.

After discussion with one of our experienced crisis team, we may be able to arrange a face-to-face session if this would be helpful (no drop-in at this initial stage).

Meeting Places

Day	Location	Time
Friday 24th December 2021	Borehamwood Wellbeing Centre	13:00 - 14:30
Tuesday 28th December 2021	Ware Wellbeing Centre	NOT RUNNING
Tuesday 28th December 2021	Watford Wellbeing Centre	NOT RUNNING
Wednesday 29th December 2021	Dacorum Wellbeing Centre	15:00 - 16:30
Wednesday 29th December 2021	Bishops Stortford Wellbeing Centre	11:00 - 12:30
Thursday 30th December 2021	Letchworth Wellbeing Centre	NOT RUNNING
Thursday 30th December 2021	Waltham Cross Wellbeing Centre	11:00 - 12:30
Friday 31st December 2021	Borehamwood Wellbeing Centre	13:00 - 14:30
Tuesday 4th January 2022	Ware Wellbeing Centre	13:00 - 14:30
Tuesday 4th January 2022	Watford Wellbeing Centre	16:30 - 18:00

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 Peer Support

Day		Time
Monday 27th December 2021	Peer Learning Course	NOT RUNNING
Wednesday 29th December 2021	Online Peer Support Group	17:30 - 19:30
Monday 3rd January 2022	Peer Learning Course	NOT RUNNING
Wednesday 5th January 2022	Online Peer Support Group	17:30 - 19:30

To book your place on the above group, please email: meetingplaces@hertsmindnetwork.org Once your place is booked, you will receive an email with a link and joining instructions. You will also be asked to complete a short enrolment form.

Live Well Dacorum Groups

Day	Location	Time
Friday 24th December 2021	Dacorum Wellbeing Centre	13:00 - 15:00
Tuesday 28th December 2021	Online	NOT RUNNING
Friday 31st December 2021	Dacorum Wellbeing Centre	13:00 - 15:00
Tuesday 4th January 2022	Online	11:00 - 13:00

To book your place on the above group, please email: livewelldacorum@hertfordshiremind.org Once your place is booked, you will receive an email with a link and joining instructions. You will also be asked to complete a short enrolment form.

Online Meeting Places

Day	Time
Friday 24th December 2021	18:30 - 20:00
Saturday 25th December 2021	NOT RUNNING
Monday 27th December 2021	NOT RUNNING
Tuesday 28th December 2021	NOT RUNNING
Thursday 30th December 2021	13:00 - 14:30
Friday 31st December 2021	18:30 - 20:00
Saturday 1st January 2022	NOT RUNNING
Monday 3rd January 2022	NOT RUNNING
Tuesday 4th January 2022	Normal provision returns

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

Music Groups

Day	Group	Time
Tuesday 28th December	Guitars in MIND (Dacorum Wellbeing centre)	NOT RUNNING
Wednesday 29th December	Online Music Group	19:00 - 21:00

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

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

Day	Time
Friday 24th December 2021	13:00 - 16:30
Wednesday 29th December 2021	13:00 - 16:30
Thursday 30th December 2021	17:00 - 19:30
Friday 31st December 2021	13:00 - 16:30
Tuesday 4th January 2022	Normal provision returns

Tel: 02037 273600

Email: info@hertfordshiremind.org

Web: www.hertfordshiremind.org

