

## 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](http://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 at our Watford and Ware Wellbeing Centres. Please call the helpline if you would like to arrange a visit

**6pm to 1am every evening, seven days a week, 365 days a year.**

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

## ReachOut

If you are between the ages of 10-17 or a parent/caregiver of a 10-17 year old, message us to get support with any mental health concern.

We can talk about what you are experiencing and offer you support, information and advice.

**By Message:** click the chat icon on our online page ([hertsmindnetworkcyp.org/services-for-young-people/reachout](https://hertsmindnetworkcyp.org/services-for-young-people/reachout)) to start speaking with one of our team. The icon will only appear on the page when we are open.

**By Phone: 01923 256391** (option 2)

**ReachOut opening hours:** Monday to Thursday - 17:00 - 20:00

## 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	13:30 - 15:00	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](mailto: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](mailto: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](mailto: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](http://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 Spot the Signs - Suicide Prevention	Youth Professionals	12.07.22	10:00 - 12:00
Spot the Signs - Youth Suicide Prevention	Parents & Families	28.07.22	18:00 - 20:00

For more information and to book on to an online session please visit our Eventbrite: [bit.ly/2QZqK4f](https://bit.ly/2QZqK4f)

If you would like to book an in-house session for your class or team email [jessica.whittaker@hertfordshiremind.org](mailto: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	Daring to Dream (online course)	10:30 - 12:20	04/07/2022 (one online session)
Monday	Overcoming Social Anxiety (online course)	10:30 - 12:30	11/07/2022 (one online session)
Monday	Understanding Low Mood & Depression (online course)	10:30 - 12:30	18/07/2022 (one online session)
Tuesday	Learning to Accept Change & Uncertainty (online course)	14:30 - 16:30	26/07/2022 (one online session)

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](http://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](mailto:meetingplaces@hertfordshiremind.org)

## Face to Face Groups and Activities

Day	Group	Venue	Time	Dates
Tuesday	Guitars In MIND Music Group	Dacorum Wellbeing Centre	19:00 - 21:00	Ongoing

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

**Tel:** 02037 273600

**Email:** [info@hertfordshiremind.org](mailto:info@hertfordshiremind.org)

**Web:** [www.hertfordshiremind.org](http://www.hertfordshiremind.org)

