



Supporting families and the local community to reach their goals

Mental Health Support Contacts

Single Point of Access

Mental health triage for access to mental health support

0300 777 0707

<https://www.hpft.nhs.uk/get-help/>

Mind

Mental health support

0300 123 3393

<https://www.mind.org.uk/>

Young Minds

Parent helpline for children and adolescents with mental health issues

www.youngminds.org.uk/find-help-for-parents/parents-helpline/

0808 802 5544

Rethink / Give us a shout

Mental health support and advice - online, by phone and via text

Text 'SHOUT' to 85258

www.giveusashout.org

www.rethink.org.uk

01923 256 391

<https://www.hertsmindnetwork.org/>

Mind Hertfordshire Network

Provides a crisis helpline for anyone experiencing mental health distress or requiring emotional support and signposting. Professionals, family/ friends can call on someone's behalf with the individual's consent.

0300 304 7000

www.sane.org.uk

Sane Line

01708 765200

Support Line

www.supportline.org.uk