

## SUPPORT FOR CHILDREN AND YOUNG PEOPLE

ORGANISATION	EXPLANATION	OPERATIONS ADVICE	CONTACT INFO/WEB LINKS
NHS Mental Health APPS			<a href="https://www.nhs.uk/apps-library/category/mental-health">https://www.nhs.uk/apps-library/category/mental-health</a>
NHS Mental Health	Online educational courses and resources which are accessible for adults/children suffering with their mental health		<a href="https://www.recoverycollegeonline.co.uk">https:// www.recoverycollegeonline.co.uk</a>
SAM	Self anxiety management APP		<a href="http://sam-app.org.uk">http://sam-app.org.uk</a>
Chat Health	This service is provided by the Hertfordshire school nursing service for young people aged 11-19	You will get a reply within 24 hours from an NHS School Nurse between 9:00am and 5:00pm, Monday to Friday (except bank holidays)	07480 636 050 – text service
KOOTH	Online emotional and mental health support for children & young people aged 11-25. Family problems, eating disorders, loneliness, bullying, anxiety & depression	Monday – Friday 12pm – 10pm Saturday – Sunday 6pm – 10pm	<a href="https://www.kooth.com">https://www.kooth.com</a>
Catch it APP	Managing anxiety and depression		<a href="https://www.nhs.uk/apps-library/catch-it">https://www.nhs.uk/apps-library/catch-it</a>
Stop breathe think APP	We are the emotional wellness platform for the “under 25” generation		<a href="http://www.stopbreathetink.com">http://www.stopbreathetink.com</a>
Self harm network	Online support forum		<a href="http://www.nshn.co.uk">http://www.nshn.co.uk</a>
Head space APP	Mindfulness for everyday living.		<a href="http://www.headspace.com">http://www.headspace.com</a>
Calm Harm APP	Calm Harm provides tasks to help you resist or manage the urge to self-harm	Self harm support for teenagers. Available on iphone and android	<a href="https://calmharm.co.uk">https://calmharm.co.uk</a>
Young minds	Supporting children and young peoples emotional wellbeing and mental health	Support for children and young people. Parents helpline: 08088025544	<a href="http://youngminds.org.uk">http://youngminds.org.uk</a>
Mindful	Support, information and advice for 11-17 year olds		<a href="http://www.mindful.org">www.mindful.org</a>
No panic	Supporting anxiety disorders	Youth Helpline 0330 606 1174 Helpline 0844 967 4848	<a href="http://nopanic.org.uk/contact-us">http://nopanic.org.uk/contact-us</a>
B-EAT	Eating disorders support for all ages	Under 25’s 0345 634 7650 ADULTS: 0845631414	<a href="http://www.b-eat.co.uk">www.b-eat.co.uk</a>
Anxiety UK	Support for people suffering with anxiety	Mon-Fri 9:30-5.30 08444 775774	<a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a>

## SUPPORT FOR ADULTS

ORGANISATIONS	EXPLANATION	OPERATIONS ADVICE	CONTACT INFO/WEB LINKS
Samaritans	Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year	Call 116 123	<a href="https://www.samaritans.org/how-we-can-help/contact-samaritan">https://www.samaritans.org/how-we-can-help/contact-samaritan</a>
Mind UK	UK Mental Health Charity with information and an online mutual support community		<a href="https://www.mind.org.uk">https://www.mind.org.uk</a> <a href="https://www.mind.org.uk/information-support/support-community-elefriends">https://www.mind.org.uk/information-support/support-community-elefriends</a>
Big white wall	Self-help	16+	<a href="https://www.bigwhitewall.com">https://www.bigwhitewall.com</a>
Sleepio APP	Sleep improvement programme	Available 24/7	<a href="https://go.bighealth.com/sleepio.nhs">https://go.bighealth.com/sleepio.nhs</a>
Silver cloud	Digital behaviour and mental health platform		<a href="https://www.silvercloudhealth.com/uk">https://www.silvercloudhealth.com/uk</a>
Sane uk	Supporting adult mental health	Sane Line: 0300 304 7000	<a href="https://www.sane.org.uk">https://www.sane.org.uk</a>
ieso	Supporting with stress, PTSD, anxiety, depression, OCD, social anxiety, phobias, panic disorders and more	Offers CBT	<a href="https://www.iesohealth.com/en-gb">https://www.iesohealth.com/en-gb</a>
mindEd	Information for adults supporting children and young people with mental health		<a href="https://www.minded.org.uk">https://www.minded.org.uk</a>
Bipolar UK	Advice, information and support for Bipolar		<a href="https://www.bipolaruk.org">https://www.bipolaruk.org</a>
OCD action	Advice, information and support for OCD	0845 390 6232	<a href="https://ocdaction.org.uk">https://ocdaction.org.uk</a>
OCD UK	Information and support for OCD		<a href="https://www.ocduk.org">https://www.ocduk.org</a>

## GENERAL ADVICE/SUPPORT FOR PARENTING

Families First Portal support for families	Families First is available to all Hertfordshire families with children under 18 (25 if they have a learning need or disability)		<a href="https://www.hertfordshire.gov.uk/microsites/families-first/families-first.aspx">https://www.hertfordshire.gov.uk/microsites/families-first/families-first.aspx</a>
Family Action	The FamilyLine service supports people who are dealing with family pressures in a new and innovative way by using a network of volunteers from across the country to support family members over the age of 18 through telephone calls, email,	Telephone: 0808 802 6666  Text message: 07537 404 282	<a href="https://www.family-action.org.uk/what-we-do/children-families/familyline">https://www.family-action.org.uk/what-we-do/children-families/familyline</a>

	web chat and text message		
Family Lives (previously Parentline)	Family Lives offers a confidential and free helpline service for families in England and Wales (previously known as Parentline). for emotional support, information, advice and guidance on any aspect of parenting and family life	The helpline service is open 9am – 9pm, Monday to Friday and 10am – 3pm Saturday and Sunday.	Call : 0808 800 2222 <a href="https://www.familylives.org.uk/how-we-can-help/confidential-helpline">https://www.familylives.org.uk/how-we-can-help/confidential-helpline</a>
Gingerbread	One Parent Families/ Gingerbread is the leading national charity working to help lone parents and their children		Single Parent Helpline: 0808 802 0925  Gingerbread.org.uk
Grandparents Plus	Grandparents Plus is the only national charity (England and Wales) dedicated to supporting kinship carers - grandparents and other relatives raising children who aren't able to live with their parents		Call: 0300 123 7015  Grandparentsplus.org.uk
DSPL 9 website	For families that have children/young people aged 0-25 with SEND		<a href="https://dsplarea9.org.uk">https://dsplarea9.org.uk</a>
Hertfordshire's Local Offer	The Local Offer lets parents and young people know what special educational needs and disabilities services are available in Hertfordshire, and who can access them		<a href="https://www.hertofrdshire.gov.uk/microsites/Local-Offer/The-hertfordshire-Local-Offer.aspx">https://www.hertofrdshire.gov.uk/microsites/Local-Offer/The-hertfordshire-Local-Offer.aspx</a>

#### TALKING TO YOUNG PEOPLE ABOUT CORONAVIRUS

ORGANISATION	EXPLANATION	OPERATIONS ADVICE	CONTACT INFO/WEB LINKS
Covibook	A short book about Coronavirus for children under 7		<a href="https://www.mindheart.co/descargables">https://www.mindheart.co/descargables</a>
CDC (Centres for Disease Control & Prevention)	You can take steps to protect the health of you and your family during a COVID-19 outbreak. Learn what		<a href="https://www.cdc.gov/coronavirus/2019-ncov/prepare">https://www.cdc.gov/coronavirus/2019-ncov/prepare</a>

	you can do to plan and prepare		
Unicef	Article on 6 ways parents can support their kids through the coronavirus disease (COVID-19) outbreak		<a href="https://www.unicef.org/coronavirus/6-ways-parents-can-support-their-kids-through-coronavirus-covid-19">https://www.unicef.org/coronavirus/6-ways-parents-can-support-their-kids-through-coronavirus-covid-19</a>
Family Services Commissioning	Parent Resources		<a href="https://fsc-hertscctfemagazine.co.uk/24-march-2020/latest-news/parent-resources-for-covid-19">https://fsc-hertscctfemagazine.co.uk/24-march-2020/latest-news/parent-resources-for-covid-19</a>

#### CHILDREN AND YOUNG PEOPLE WITH ADDITIONAL NEEDS

ORGANISATION	EXPLANATION	OPERATIONS ADVICE	CONTACT INFO/WEB LINKS
The Autism Educator	Social Story		<a href="https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf">https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf</a>
Carol Gray	Social story		<a href="https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf">https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf</a>
Mencap	Advice & Support		<a href="https://www.mencap.org.uk/advice-and-support-/health/coronavirus">https://www.mencap.org.uk/advice-and-support-/health/coronavirus</a>

#### FINANCIAL ADVICE AND SUPPORT

ORGANISATION	EXPLANATION	OPERATIONS ADVICE	CONTACT INFO/WEB LINKS
Money Advice Service	Coronavirus - what it means for you and what you're entitled to	Call Money Advice Line: 0800 138 7777	<a href="https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you">https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you</a>
Citizens Advice Bureau	If you can't pay your bills because of Coronavirus	National phone line: 03444 111 444 Adviceline's available 9am to 5pm, Monday to Friday	<a href="https://www.citizensadvice.org.uk/debt-and-money/if-you-can't-pay-your-bills-because-of-coronavirus">https://www.citizensadvice.org.uk/debt-and-money/if-you-can't-pay-your-bills-because-of-coronavirus</a>
Money Saving Expert	Coronavirus - Financial Help & Rights		<a href="https://moneysavingexpert.com">https://moneysavingexpert.com</a>
Money Super Market	Coronavirus – what does it mean for your family finances?	Speak to one of our customer service experts. Please note we are unable to offer you any advice on financial products. Lines are open Mon – Fri, from 9am to 5.30pm. Excludes bank holidays. If you're concerned how coronavirus might affect your travel insurance for an upcoming trip, read our guide. Call 0333 123 1983	<a href="https://www.moneysupermarket.com/money-made-easy/coronavirus-and-family-finances">https://www.moneysupermarket.com/money-made-easy/coronavirus-and-family-finances</a>
Step Change	Worried about debt and coronavirus?	Need debt advice? Don't forget to use our budget form to gather information before calling. A debt advice call takes around 40 minutes to	<a href="https://www.stepchange.org/debt-info/debt-and-coronavirus.aspx">https://www.stepchange.org/debt-info/debt-and-coronavirus.aspx</a>

		complete. 0800 138 1111 Monday to Friday 8am to 8pm, Saturday 8am to 4pm	
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## SAFEGUARDING

ORGANISATION	EXPLANATION	OPERATIONS ADVICE	CONTACT INFO/WEB LINKS
Hertfordshire Safeguarding Children Partnership	Hertfordshire Safeguarding Children Partnership (HSCP) has been set up so that all agencies and organisations who work with children and young people work together to keep children safe	0300 123 4043 - call us anytime if you're a child or young person being abused or mistreated or if you're an adult worried about a young person.	<a href="https://www.hertfordshire.gov.uk/services/childrens-social-care/child-protections/hertfordshire-safeguarding-children-partnership/hscp.aspx">https://www.hertfordshire.gov.uk/services/childrens-social-care/child-protections/hertfordshire-safeguarding-children-partnership/hscp.aspx</a>
NSPCC	Support and tips to help you keep children safe. From advice on children's mental health to staying safe online, support for parents and what to do if you're worried about a child.	If you're worried about a child, even if you're unsure, contact our professional counsellors for help, advice and support email <a href="mailto:help@nspcc.org.uk">help@nspcc.org.uk</a> or call 0808 800 5000 18 or under? - Childline, offers free, confidential advice and support whatever your worry Call 0800 1111	<a href="https://www.nspcc.org.uk/keeping-children-safe">https://www.nspcc.org.uk/keeping-children-safe</a>
Watford Women's Centre		Still operating as usual but for all enquiries, call 01923 816 229 or email <a href="mailto:general@watfordwomenscentre.org.uk">general@watfordwomenscentre.org.uk</a>	<a href="https://www.wcplus.org.uk">https://www.wcplus.org.uk</a>
Herts Domestic Abuse Helpline	confidential, free, support and signposting service for anyone affected by domestic abuse	Call 08 088 088 088 We are open 9am-9pm Monday to Friday and 9am-4pm weekends	<a href="https://www.hertsdomesticabusehelpline.org">https://www.hertsdomesticabusehelpline.org</a>

## E-SAFETY

ORGANISATION	EXPLANATION	OPERATIONS ADVICE	CONTACT INFO/WEB LINKS
Parent Info	Parent Info provides support and advice to parents, with contributions from the leading experts and		<a href="https://parentinfo.org/articles/all">https://parentinfo.org/articles/all</a>

	organisations in matters related to young people and families in a digital world		
Thinkuknow	Factsheets - Keeping your child safe online whilst they are off school		
Internet Matters	E-safety tips for parents of primary and secondary school children		<a href="https://www.internetmatters.org/wp-content/uploads/2015/06/ncro3p-Internet-Matters_E-safety_Primary_School1.pdf">https://www.internetmatters.org/wp-content/uploads/2015/06/ncro3p-Internet-Matters_E-safety_Primary_School1.pdf</a>
National Online Safety	Top tips for children and online learning		<a href="https://nationalonlinesafety.com/guides/10-top-tips-remote-learning-for-children">https://nationalonlinesafety.com/guides/10-top-tips-remote-learning-for-children</a>