Hertfordshire Mind Helpline

Young People's Helpline

About the service

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.

We will offer you sensitive and non-judgmental support from our team of dedicated Young People Advisors and Mentors who will provide you with:

* Time and space to talk
* Support with problem solving and building coping strategies
* Advice and information
* Signposting
* Onward referral

Concerns might be around missing school and the impact this may have currently, and in the future; boredom and lacking something to look forward to; social isolation and a loss of support networks; and health anxiety.

We are open to support you at the following times:

### Opening hours

We are open to support you at the following times:

**Mon, Wed and Fri** - 13:00 – 16:30

**Tues & Thurs** - 17:00 – 19:30

**Saturday** - 10:00 – 13:00

To contact the helpline please call us on **01923 256391**

### Alternative support

You can find more information about alternative sources of support at:

[**Families First**](https://www.hertfordshirefamiliesfirst.org.uk/covid19-special-edition/current-news/links-for-mental-health-and-general-wellbeing)

[**Just Talk**](https://www.justtalkherts.org/news/looking-after-your-mental-health-during-coronavirus.aspx)

[**Public Health**](https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing)

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