

**NESSie**



Supporting Positive Mental  
Health in Schools

**Gangs and county lines info  
hub**

Helpline: 08088005000

[Help@nspcc.org.uk](mailto:Help@nspcc.org.uk)

**Online grooming (parents  
against child exploitation)**

01132405226

**YC Herts**

<https://www.ychertfordshire.org>

0300 1237538

**Beat:** <https://www.beateatingdisorders.org.uk/>

**Help for young people**

The **Beat Youthline** is open to anyone under 18.

Youthline: 0808 801 0711

Email: [fyp@beateatingdisorders.org.uk](mailto:fyp@beateatingdisorders.org.uk)

**CYP Crisis lines**

**Shout**

24/7 crisis line

[www.giveusashout.org](http://www.giveusashout.org)

text shout to 85258

**The Calmzone**

0800 58 58 58 or webchat

The calmzone.net

**Students against depression**

Studentsagainstdepression.org

**Papyrus – suicide prevention**

Papyrus-uk.org

**Talk to Frank – Drugs**

Talktofrank.com

**Bereavement**

**Winstons wish**

08088 020021

**Cruse**

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

08088081677

**Garden house hospice**

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

01462 679540

**Child bereavement UK**

<https://www.childbereavementuk.org>

0800 02 888 40

**Childhood bereavement  
network**

<http://www.childhoodbereavementnetwork.org.uk/>

**Hope again**

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

0808 808 1677 Monday-Friday,

9:30am - 5:00pm.

**RD4U**

<https://www.nidirect.gov.uk/contacts/contacts-az/rd4u>

08088081677

**Stand by me**

[www.stand-by-me.org.uk](http://www.stand-by-me.org.uk)

07469 255139

**NESSie**



Supporting Positive Mental  
Health in Schools

## Domestic Violence/Abuse

### Stevenage against domestic abuse (SADA)

<http://www.stevenage.gov.uk/content/15953/52128/52131/Domestic-Abuse-Service-Leaflet.pdf>

SADA aims to signpost and support people experiencing domestic violence

### Herts Sunflower

<https://www.hertssunflower.org/herts-sunflower.aspx>

Support for both victims and perpetrators of domestic abuse. Support for children and young people.

Herts domestic abuse helpline: 08 088 088 088

### Safer places

<https://www.saferplaces.co.uk/about-domestic-abuse/what-to-do-in-a-crisis/>

Domestic abuse support services offering safe accommodation and outreach  
Helpline: 03301025811

### Welwyn Hatfield womens refuge and support services

<http://www.whwr.org.uk/>

Accommodation, outreach and helpline  
Helpline: 01707 373743

## Crisis

**Samaritans:** 116 123

**Nightlight Crisis Service:** 01923256391  
(18+ Fri-Mon 7pm-2am)

**999**

**Rape Crisis:** 0808802999

**Herts rape crisis:** 01707276512

**SARC** (Sexual assault referral centre)  
08081784448 (mon-Frid 9-5 Adults only)

**SARS**

**The survivors trust:** 08088010818  
Thesurvivorstrust.org

## Adult mental health

**Mind:** [www.mind.org.uk](http://www.mind.org.uk)

**Adult community mental health services:** Tel: 0300 777 0707

Email: [hpft.spa@nhs.net](mailto:hpft.spa@nhs.net)

**Samaritans: 116123**

## Children

**Childline:** 080011111

**HPFT Single point of access:** 0300 777 0708  
(8am – 7pm) telephone line for parents of children that are anxious.

**STEP 2** 01438 730570 advice line and parents can self refer currently

**CAMHS crisis team** at Lister 24/7 (for emergency assessment)

**NSPCC:** 08088005000  
Nspcc.org.uk

**Public Health School Nurses** 0300 123 7572

**Healthy young minds:**

[www.healthyyoungmindsinherts.org.uk](http://www.healthyyoungmindsinherts.org.uk)

**NESSie** [nessieined.com](http://nessieined.com) 07539937586 Arts therapy, advice and training

**The anti-bully alliance:**

[www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

**Kooth:** [www.kooth.com](http://www.kooth.com)

**Big white wall:** 16+  
[www.bigwhitewall.com](http://www.bigwhitewall.com)

**The mix :** information and support for under 25's  
Helpline: 08088084994 (11am-11pm daily)  
[www.themix.org.uk](http://www.themix.org.uk)