

Mental Health and Wellbeing Support

Our mental wellbeing is influenced by a range of factors, including our work and home life. This is especially the case in the current climate we have found ourselves in during this past year. It is also worth remembering that you don't have to manage this alone. If you ever find yourself struggling, there is always support available. Please see the below counselling services if you ever need someone professional to talk to or even if you just need to vent.

For urgent help 24 hours a day:

If someone's at risk of harm, call 999 or visit your nearest Accident and Emergency department.

[HPFT NHS Single Point of Access](#) - for support in a mental health crisis.

[Samaritans](#) - if you need someone to talk to, they listen. They won't judge or tell you what to do.

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Front Line

A round-the-clock service so we can be there for key workers, for support with their mental health and emotional wellbeing. Offering practical, non-judgemental support with problems ranging from feeling overwhelmed or stressed through to coping with the bereavement of a colleague or family member.

To talk by text, **text FRONTLINE to 85258** any time. To talk by phone for free, **call 0800 069 6222** from 7am to 11pm if you're in England, **or call 116 123** any time if you're elsewhere in the UK.

It's all in confidence, with trained volunteers.

Crisis Number

If you ever need help with a mental health crisis, quickest way to get help at any time of the day or night is to call the freephone number: **0800 644 101**, or call NHS **111** and select **option 2** for mental health services.

In the case of serious illness or injury call **999** for emergency services.

For live webchats, alternative contact and links to mild to moderate mental health help, you can type **'hpft get help'** into your internet search bar or alternatively <https://www.hpft.nhs.net/get-help/>

Cruse Bereavement Care

Provide support and care after a bereavement

0808 808 1677

www.cruse.org.uk

Mental Health Helplines

Whether you're concerned about yourself or a loved one, these mental health charities, organizations and support groups can offer expert advice.

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

<https://www.england.nhs.uk/supporting-our-nhs-people/wellbeing-support-options/support-offers/>

The Wellbeing Service IAPT (Talking Therapies, Cognitive Behavioural Therapies)

Practitioners to help you work out life's problems, including stress, anxiety, panic attacks, depression, obsessions, anger, difficulty coping, relationship difficulties, loss, and bereavement. They can help with long term health conditions including Diabetes, Chronic Fatigue, Fibromyalgia, Irritable bowel syndrome, Stroke, Chronic Pain, Weight difficulties. Individual or group sessions, workshops, and interactive computer programmes available.

0300 777 0707

www.hpft.nhs.uk/services/community-services/wellbeing-service/

Self-Referral

www.hpft.nhs.uk/media/1259/2014-02-18-interactive-ephms-self-referral-form.pdf

www.hpft.nhs.uk/media/1655/wellbeing-team-cbt-workshop-booklet-2016.pdf

Reading Well – Books on Prescription

Self-help books for managing common conditions. Please visit your local library or visit the website below.

www.reading-well.org.uk

Mindfulness

Meditation exercises to enable you to pay attention to the present moment, helping you become more aware of your thoughts & feelings. Proven to help stress, anxiety, depression, fatigue & sleep problems, addictions, relationship problems, and even physical problems like heart disease, hypertension and chronic pain.

www.headspace.com

www.bemindful.co.uk

www.mindfulness.org

Mind

Provide advice and support to empower anyone experiencing a mental health problem, please call **0300 123 3393**

www.mind.org.uk

Mental Health Crisis

For support in a mental health crisis and to prevent self-harm or suicide (in an emergency call 999 or 111)

www.maytree.org.uk

020 7263 7070

Phone Application www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html

Relate

Counselling, support and information for all relationships

0300 100 1234
www.relate.org.uk

Samaritans

Someone who will listen to you and will help you talk through your concerns, worries and troubles, please call 116 123

www.samaritans.org

Suicide – Spot the Signs

Someone who will listen to you and will help you talk through your concerns, worries and troubles .Call 999 in an emergency

www.hpft.nhs.uk/information-and-resources/spot-the-signs

Citizens Advice

Offer free, independent, confidential and impartial advice to help people resolve numerous issues that may be affecting your mental wellbeing, including advices on benefits, work, finance, consumer, relationship, housing, discrimination, tax, education, healthcare and legal issues.

03444 111 444 (National)
www.adviceguide.org.uk

Happiness, wellbeing, and mental health

[NHS Wellbeing Service](#)

Psychological help and practical support for people with mental health problems like anxiety, low mood, insomnia, stress, or pregnancy-related issues.

[Healthy Hubs](#)

Visit your local Healthy Hub for free support to help you stay healthy and well.

Self help information and support

[NHS - Every mind matters](#) Get expert advice and practical tips, try the ['How are you?' quiz](#) or create a tailored self-care plan to support your mental health and wellbeing.

[The Five Ways to Wellbeing](#) Feel happier, more positive and able to get the most from life:

[New Leaf Recovery and Wellbeing College](#) Free wellbeing courses and workshops.

[NHS](#) Online support for a healthy mind, including an [NHS app](#), self-assessment tools, help with [suicidal thoughts](#), information about conditions, and where to get help.

Diet and Weight Loss

Eating well

- [NHS food and diet information](#) – how to maintain a balanced diet and check the calories and nutrition of different foods.
- [The Eatwell Guide](#) - advice from the NHS on to how to make balanced meals.
- [British Heart Foundation's heart-healthy recipe finder](#) – search by cooking time, cuisine and dietary requirements.

Local weight management support groups

- **WW (formerly Weightwatchers)**
A free 12-week subscription to the [WW programme](#) includes the opportunity to attend weekly group and full access to all WW digital support. An online-only support programme is also available.

To qualify for the free WW programme you need to:

- be over 18 years of age
- be living in Hertfordshire or registered at a Hertfordshire GP
- have a BMI of >30
- have not previously self-funded to WW in the last 3 months
- have not been referred by your GP and attended WW in the past 18 months.

Find out more and sign up at www.ww.com/uk/hertfordshire or ask your GP or other healthcare professional to refer you directly.

Shape Up

A free, exercise-based weight management groups for men, [the Shape Up programme](#) runs in several districts across Hertfordshire, via Watford FC Trust.

Shape Up supports any 18 to 65-year-old male living in Hertfordshire with a BMI of above 30 or 27.5 if you are from a BAME community or have a long-term condition. The programme engages men in a fun and effective way, using group exercise and sport to improve fitness and support weight loss.

NHS 12 week weight loss guide

[The NHS 12 week weight loss guide](#) includes a meal plan and a schedule to help you track your food and exercise.

British Heart Foundation - take control of your weight

Top tips for successful weight loss, simple food swaps and how to stay active after a heart event - all available for free at [Taking control of your weight - British Heart Foundation \(bhf.org.uk\)](#).

Children and families

- [Change 4 Life](#) – how to help your child maintain a healthy weight and stay active.
- [Beezee Families](#) – a free programme for helping the whole family maintain a healthy weight.
- [Food facts](#) –what's in the food your family eats?
- [Free school meals](#) – how to access benefits-related free school meals.
- [My baby's brain](#) - Giving your baby the best possible start to life.
- [My teen brain](#) - Advice and tips for parents of teenagers.
- [Parenting course directory](#)
Get parenting support and guidance, from managing anger to feeling safe.
- [Strengthening Families Strengthening Communities](#)
A course for parents of children 8-16 years old.
- [Turning Point](#) - Advice on learning disabilities, substance misuse and mental health.

Activities for children and families

Local activities for children, young adults and families alike, including toddler and youth groups.

Browse the Families First directory

- Do you ever wonder who to ask about small family problems?
- Worried about your child's development or behaviour, housing or money, drug or alcohol issues in the family?
- Want to join a parenting group or find activities for your child?

The Families First directory gives you local organisations that can help.

Pregnancy and the early years

- [You are Pregnant](#), helpful PDF on the services available to you.
- [Early Pregnancy information](#)
- [NHS - healthy diet during pregnancy](#) – including information on supplements, foods to avoid, free Healthy Start vitamins and food vouchers.
- The free digital [Health and Wellness in Pregnancy programme](#) is led by qualified dieticians and offers health, weight and wellness support throughout pregnancy. Referral criteria applies. Ask your GP or midwife to refer you directly.
- [Start4Life](#) – healthy eating advice from pregnancy until your child's second birthday.

Stop Smoking Service

[Contact us for support](#)

Make the swap to help you stop

You can get a FREE electronic cigarette starter kit if you're over 18 and start using the Stop Smoking Service.

[Further information on using e-cigarettes](#) to stop smoking.
[Download the NHS Quit Smoking app](#) to help you quit smoking and start breathing easier.

You must:

- be 18 years old or over
- be motivated to quit smoking
- have tried other medication to attempt quitting
- not be currently using NRT, bupropion or varenicline from another source
- not be already using e-cigarettes

Contact us for support

Call 0800 389 3998.

Text SMOKEFREE to 80818.

Email healthimprovementservice@hertfordshire.gov.uk.

HertsHelp

Telephone: 0300 123 4040

Text: hertshelp to 81025

Minicom: 0300 456 2364

Email:

info@hertshelp.net

Independent Information and Advice services in Hertfordshire

- Do you want to be more active?
- Would you like to meet more people?
- Need advice on benefits or debt?
- Are you caring for someone?
- Are you going through a crisis?
- Can we support you to stay independent at home?

HertsHelp are free, independent services available everyone who lives in Hertfordshire, HertsHelp services are funded by Hertfordshire County Council and NHS partners and delivered by local community organisations all sharing the name HertsHelp.

HertsHelp in the Hospital

Based in hospitals and offering information, advice and practical support to help people get home safely and get the support they need. Ask your social care or health professional to refer you.

HertsHelp Funding Your Care

Telephone helpline for independent financial advice and information relating to funding care.

We can talk to you about:

- Care planning
- Hertfordshire's charging policies and if you qualify for support
- The Care Act changes
- Benefits advice and debt counselling
- Referrals to regulated financial services

Hertfordshire Welfare Assistance Scheme

Providing help and advice to people in crisis and facing exceptional and unexpected pressures. If you qualify for help we can help you with things food, energy vouchers, clothing and furniture schemes. We can also help with signposting to additional means of support.

Herts Healthy Homes

A free information and support service that helps you to stay healthy and safe in your own home by providing support with:

- A home visit to give advice and practical support to help you stay well and active
- Fire safety and home security checks
- Advice on paying your bills and budgeting
- Draught proofing/emergency heaters

HertsHelp Advocacy Services

Advocates are qualified, independent people who support those who have difficulty understanding and advice, retaining or weighting up the information or communicating their views. They are usually linked to social care and health matters.

Drugs and alcohol

[CGL Spectrum](#)

Offers clinical interventions, and psychological and social support for any age. Tailored to your needs by a range of professionals, under one roof. They also offer an [alcohol telecoms service](#) for help via phone or video call.

[The Living Room](#)

Offers intensive, daily support for alcohol and any other addictions for any age. Treatments are abstinence-based and follow a structured programme based on the 12-step process, including peer support.

Not sure which service is right for you?

Self help support

With the right support, you can make a full recovery from your alcohol and drugs issues.

- [NHS alcohol support](#) and [drug addiction](#) has lots of information if you think your drinking or drug use is causing you problems.
- [DrinkAware](#) can help you reduce your drinking and understand its effects. Track your units and calories with their [DrinkAware app](#).
- The [CGL alcohol and drugs quiz](#) can provide tips and advice on what to do next.
- [Talk to Frank](#) has all of the information you need about drug use and its effects. You can also [get in contact](#) online, by phone or text.
- [Narcotics Anonymous](#) and [Cocaine Anonymous](#) provides free confidential online support for drug users.
- [Alcoholics Anonymous](#) provides free self help support for people experiencing alcohol problems.
- [Breaking Free](#): an online recovery support programme you can access 24/7.

Other Resources

www.patient.co.uk

www.anxietyuk.org.uk

www.beatingtheblues.co.uk

www.nhs.uk/moodzone

www.moodjuice.scot.nhs.uk

www.nopanic.org.uk

www.ntw.nhs.uk/pic/selfhelp

www.youngminds.org.uk

