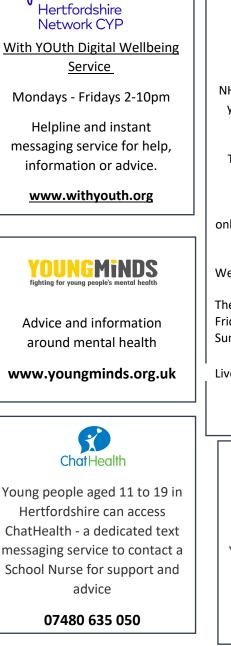


Wellbeing Support for students

In School

- Form Tutor, Pastoral Manager, Head of Year
- Counselling
- Worry Management e.g. anxiety, phobias
- Help with low mood
- Drop in sessions with Just Talk Ambassadors
- Mentors



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NHS funded service to support children and young people in Hertfordshire with their ---ental health and well-being.

The Sandbox provides access to internet enabled Cognitive Behavioural Therapy (iCBT), or one to one support from professional therapists by text, phone, online chat or video call, based on a triage of the young person's needs:

Website: 24/7

Therapy sessions: 7am-10pm Mondays-Fridays and 10am-10pm Saturdays and Sundays

Live Chat: 10am-8pm Mondays-Fridays

Sandbox Homepage (mindler.co.uk)



Young people's emotional wellbeing information and signposting to help in Hertfordshire

www.justtalkherts.org

childline

ONLINE, ON THE PHONE, ANYTIME

Childline is a free, private and confidential service where you can talk about anything online or on the phone anytime.

www.childline.org.uk

0800 1111



Free confidential counselling for young people in West Herts

www.signpostcounselling.co. uk



Shout offers free, 24/7 text messaging support. To talk to someone about how you're feeling

text YM to 85258.