

## 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



#### With YOUth Digital Wellbeing Service

Mondays - Fridays 2-10pm

Helpline and instant messaging service for help, information or advice.

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



NHS funded service to support children and young people in Hertfordshire with their mental 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 \(mindler.co.uk\)](http://mindler.co.uk)

**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](http://www.childline.org.uk)

**0800 1111**

**YOUNGMINDS**  
fighting for young people's mental health

Advice and information around mental health

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

**Signpost**

We're here for young people

Free confidential counselling for young people in West Herts

[www.signpostcounselling.co.uk](http://www.signpostcounselling.co.uk)



Young people aged 11 to 19 in Hertfordshire can access ChatHealth - a dedicated text messaging service to contact a School Nurse for support and advice

**07480 635 050**



**JUSTTALK**

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

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

**shout**

**85258**

here for you 24/7

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

**text YM to 85258.**