

# Stressed? Anxious? Sleeping badly? Here is where you can get free help.

If you are aged 11 or over, this leaflet is for you. All of the services listed are free and confidential. You can get support online, on the phone or in person.

**HEALTH FOR TEENS**

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

## Age 11-19: Health for Teens

Free online advice—click on the ‘Feelings’ tab for information which might help you.

**NHS**

**Chat Health** is the school nurse text messaging service for all **secondary school aged** pupils. It is a confidential service and available Monday to Friday from 9am to 5pm. You can message for advice on all kinds of health issues such as sexual health, emotional health and wellbeing, bullying, healthy eating and any general health concerns.

The text number is: **07480 635050**

**Signpost**  
Charity number 801309  
We're there for young people

**Age 11-25: Signpost** provides counselling, coaching and other support for young people living in South and West Hertfordshire.

<http://signpostcounselling.co.uk/>

**DSPL** | Delivering Special  
Provision Locally  
Achieving quality outcomes

Dacorum

This information was put together by DSPL Dacorum. Find out more at [www.dacorumdspl.org.uk](http://www.dacorumdspl.org.uk)

**kooth**  
BETA

**Age 10-25:**

<https://www.kooth.com/>

Confidential online counselling and wellbeing support and ‘live’ moderated group chats. Available to anyone aged 10 to 25 with a GP in Hertfordshire.

**childline**

ONLINE, ON THE PHONE, ANYTIME

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

## Age up to 19: call 0800 1111

Childline is yours – a free, private and confidential service where you can be you. Whatever your worry, whenever you need help, however you want to get in touch. We're here for you online, on the phone, anytime.

**as one**

**Age 16+: The Well Being Service**

<http://talkwellbeing.co.uk/>

NHS service for anyone over the age of 16. Free, confidential talking therapy and practical support for people experiencing difficulties such as, anxiety, worry, low mood, depression and stress. You can refer yourself or ask your GP.