

# Mental Health

Free information and resources for parents and carers

**DSPL** | Delivering Special Provision Locally

*Achieving quality outcomes*

**Dacorum**

Information and free resources to help you support your child's wellbeing.

## Tier 1—Prevention and Early Intervention

### Healthy Young Minds in Herts

<http://healthyyoungmindsinherts.org.uk/>

Free resources aimed at young people, parents and carers, and professionals.



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

Online advice and support you can trust. Is

your child in crisis? Are you worried about them? Perhaps you just want some parenting tips. This site will help you understand your child.



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

Mind provides free advice and support to anyone experiencing a mental health problem.

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**Dacorum**

**Dacorum DSPL** have produced a parent and carer information directory to "Good Mental

Health and Wellbeing" to support parents, carers and young people. To view, click on the link below or visit the Dacorum DSPL website.

<http://www.dacorumdspl.org.uk/social-emotional-and-mental-health-semh/>

### YOUNGMINDS

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

The UK's leading charity committed to improving the wellbeing and mental health of children and young people. It provides resources, training and a helpline for parents. The Young Minds Parent Helpline number is 0808 802 5544.



#### Five Ways to Wellbeing

The five ways to wellbeing have been shown to help us keep emotionally healthy. Find out more by visiting [www.youtube.com](http://www.youtube.com) and typing 'Five Ways to Wellbeing' in the search bar, to view an

animation made by Rochdale Borough Council.

The Children's Society

The Children's Society have a leaflet just for parents on how to encourage their children towards doing more of

the five ways to wellbeing.

Visit <https://www.childrensociety.org.uk/>

Type "Five ways to wellbeing" in the search box

**HEALTH FOR TEENS** <https://www.healthforteens.co.uk/>

**Health for Kids!** [www.healthforkids.co.uk](http://www.healthforkids.co.uk)

These websites have been produced by health professionals in consultation with children and young people. Both have sections on 'Feelings' which address mental health issues. Health for Kids includes information for parents and carers.

## Tier 2—Additional needs/ Getting early help

**childline**

ONLINE, ON THE PHONE, ANYTIME

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

**Age up to 19 Telephone 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.

**kooth**  
BETA

**Age 10+** <https://www.kooth.com/>

Online counselling and wellbeing support. Confidential counselling, and 'live' group chats that are moderated. Available to young people aged 10 to 25 with a GP in Hertfordshire.

**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. Young people 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**

Find out more at <https://www.hct.nhs.uk/our-services/school-nursing/>

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

**Signpost** is a local charity which provides counselling, coaching and other support to help young people aged 11-25 and living in South and West Hertfordshire overcome problems in their lives.

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



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

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

NHS service for anyone over the age of 16. If you are worried about your own mental health as a parent/carer, you can access this service. The Wellbeing Service offers free, confidential talking therapy and practical support for people experiencing a wide range of very common emotional difficulties such as, anxiety, worry, low mood, depression and stress. Anyone can refer themselves or be referred through their GP.