

Hertfordshire Children and Young People's Mental Health Service Directory

The services below provide a combination of early intervention and more specialist support for children and young people's mental health. Click the service name to be redirected to more information. **Referrals are either professional or self, you do not need both.**



- P Professional referral required

Telephone service

Includes support for age 0-5
- S Self referral required

Digital support

In person service

Chathealth 0-5

Chathealth 5-19

Children's Crisis Assessment and Treatment Team (C-CATT)

Children's Wellbeing Practitioners (5-19)
Low intensity community support

CHUMS Bereavement Support
Support following a suicide death

Educational Psychologists

Families First
All round extra family support

First Steps ED (up to 18)
1:1/group support for eating/body image difficulties

Health for Kids

Health for Teens

Herts Mind Network Counselling (5-19)

Just Talk

Lumi Nova (7-12)
App based game to manage worries and anxiety

Mental Health Support Teams (MHSTs) *on site provision at selected schools*

NHS Talking Therapies (16+)

PALMS
Specialised mental health support for neurodiversity

Safe Space Counselling, Therapy & Mentoring
Includes crisis support for schools

School Nurses and Duty Line

Services for Young People (13-17)

Signpost Creative Therapies (5-19) *Includes art, drama and play*

Single Point Access (SPA)
Central portal for all referrals

NHS Specialist CAMHS

Spectrum Family and Young People's Service
Alcohol and drug support

NHS Step2 (0-19)

The Sandbox (10-25)
Live webchat, iCBT, 1:1 online video therapy

The Toolbox
Understanding neurodiversity for CYP

Togetherall (16+)

WithYOUth (5-19)
Live webchat, 1:1 and group online video therapy

Young Minds Parent Helpline

- Reaching developmental and emotional milestones, learning healthy social skills and how to cope when there are problems. Mentally healthy children have a positive quality of life and can function well at home, in school, and in their communities.
- Difficulties with normal life problems, poor self confidence, low self esteem, low aspirations, difficult family relationships, poor peer relationships, experimental substance misuse, bereavement, poor concentration, difficulty sustaining relationships, some worries, low mood.
- Many worries, high levels of anxiety, persistent low mood, body image concerns, behaviour puts peers at risk, persistent or high risk substance misuse, risk taking behaviour, unable to display empathy, difficulty coping with anger or frustration, bereavement by suicide/suspected suicide, withdrawn or unwilling to engage, disruptive or challenging behaviour, unable to maintain peer relationships (bullying, bullied or aggression etc).
- Mental health problems which are:
 - Persistent, complex and severe
 - Present in all environments (home, school, with peers)
 - Beyond a normal response to life's problems
- Deliberate self harm requiring hospital treatment, suicidal ideation with imminent plan and means, psychotic episode (hearing unexpected voices, unrealistic or racing thoughts not related to physical or substance misuse), intentional overdosing, persistent inability to engage with services or support offered, risk taking behaviour with no underlying mental health disorder, unresponsive to treatment and continuing to decline.

Hertfordshire Children and Young People's Mental Health Service Directory (Bitesize)

All services listed are available to home educated children

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