

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) **P** **S**

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

CHUMS Bereavement Support **P** **S**
Support following a suicide death

Educational Psychologists **P**

Families First **P** **S**
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) **P** **S**

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 **P**

NHS Talking Therapies (16+) **P** **S**

PALMS **P**
Specialised mental health support for neurodiversity

Safe Space **P**
Includes emergency crisis support for schools

School Nurses and Duty Line

Services for Young People (13-17) **P**

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

Single Point Access (SPA) **P** **S**
Central portal for all referrals

NHS Specialist CAMHS **P**

Spectrum Family and Young People's Service **P** **S**
Alcohol and drug support

NHS Step2 (0-19) **P** **S**

The Sandbox (10-25) **S**
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.



If you have any suggested changes to the directory please email shelley.woods@hertfordshire.gov.uk





November 2025



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





All services listed are available to home educated children



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Families First   
All round extra family support



First Steps ED (up to 18)    
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Health for Kids  





Health for Teens  

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





Services for Young People (13-17)   





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







Single Point Access (SPA)    
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