

Wellbeing and Mental Health resources		
Kooth	Free, safe and anonymous online wellbeing and mental health support for young people aged between 10 and 25 years old.	Kooth
YoungMinds Crisis Messenger	A text line for young people experiencing a mental health crisis. Text the YoungMinds Crisis Messenger for free, 24/7 support.	Text number 85258 YoungMinds Crisis Messenger
Chat Health	A confidential text messaging service for young people aged 11-19 to contact their local public health nursing (school nursing) team. You will get a reply within 24 hours from an NHS School Nurse between 9:00am and 5:00pm, Monday to Friday (except bank holidays).	Text number 07480 636 050 About ChatHealth
Childline	Free advice and guidance for children and young people online, on the phone, anytime.	0800 1111 Childline
Samaritans	Free telephone service for adults in need of someone to talk to 24 hours a day, 365 days a year.	116 123 Samaritans
YoungMinds Parents' Helpline	The Parents Helpline is available to offer advice to parents and carers worried about a child or young person under 25. Call for free Mon-Fri from 9.30am to 4pm.	0808 802 5544 Parents Helpline - YoungMinds
Wellbeing Service	Self-referral service for people aged 18 and above in Hertfordshire who are concerned about their mental health.	Hertfordshire Wellbeing Service
Think Ninja	An app designed to educate you about mental health, emotional wellbeing and to provide skills young people can use to build resilience and stay well. Think Ninja is built on CBT principles, which work to help you notice and change problematic thinking styles or behaviour patterns so we can feel better.	Think Ninja is free to download for all young people and can be downloaded via the Apple App Store or Google Play Store