

Our service provision

We are currently delivering our services remotely to minimise the risks associated with potential transmission of the Coronavirus.

We have **closed our Wellbeing Centres** and all groups (including self-supported groups) and Meeting Places are cancelled until further notice. Our staff teams are working remotely and are **continuing to provide support through phone, Skype and online provision**.

Please see below, for details of our services and information about the online groups, activities and courses that we are providing at this time.

Our Services

We are continuing to deliver all of our 1:1 services across the county, and we are open to new referrals:

Peer Support Service ▪ Peer Mentoring ▪ Community Support ▪ Counselling
Carers Support ▪ Domestic Abuse Service ▪ Young People's Services ▪ Dementia Support

For more information about our 1:1 services, including details of our referral process, please visit our website at www.hertfordshiremind.org

You can download a referral form from our website www.hertfordshiremind.org/accessing-our-services or give us a call on **02037 273600**.

Hertfordshire Crisis Helpline

If you are experiencing a mental health crisis and would like someone to talk to, you can call our **Crisis Helpline**.

Our helpline provides emotional support, advice and information if you are feeling distressed and are in crisis. You can also call us if your mental health is impacted by the current Coronavirus outbreak.

Crisis Helpline Number: 01923 256391

Helpline opening hours: Mon 6pm - Tue 8am; Tue 6pm - 1am; Wed 6pm - 1am; Thu 6pm - 1am; Fri 6pm - Sat 8am; Sat 3pm - Sun 8am; Sun 3pm - Mon 8am.

Young People's Helpline

If you are 10-17 years old and experiencing a dip in your mental health and wellbeing, and would like someone to talk to, you can call our Young People's Helpline.

Our helpline will provide you with emotional support, advice and information and/or a listening ear if you are worried about Coronavirus and how the current measures impact you.

Young People's Helpline Number: 01923 256391

Helpline opening hours: Mon, Wed, Fri - 13:00 - 16:30; Tues & Thurs - 17:00 - 19:30; Sat - 10:00 - 13:00

Online Meeting Places

Day	Group	Time	Dates
Monday	Meeting Place	13:30-15:00	Ongoing
Tuesday	Meeting Place	18:30-20:00	Ongoing
Wednesday	Meeting Place	10:30-12:00	Ongoing
Thursday	Meeting Place	13:30-15:00	Ongoing
Friday	Meeting Place	18:30-20:00	Ongoing
Saturday	Meeting Place	15:00-16:30	Ongoing

To book your place on one of our Meeting Places, please email: meetingplaces@hertfordshiremind.org. Once your place is booked, you will receive an email with a link and joining instructions.

Young People's Online Hangout

Day	Group	Time	Dates
Friday	Young People's Hangout (Online Group)	11:00-13:00	Ongoing

For information and to book your place on this, please visit our website: www.hertfordshiremind.org/young-peoples-online-group or call 02037 273600

Online LGBTQ+ Group

Day	Group	Time	Dates
Thursday	Online LGBTQ+ Group	19:00-20:30	Ongoing

To book your place, email us at: meetingplaces@hertfordshiremind.org. Once your place is booked, you will receive an email with a link and joining instructions.

Care Leavers Meeting Place

Day	Group	Time	Dates
Wednesday	Care Leavers Meeting Place	13:00-15:30	Ongoing

To book your place, please email: cyp@hertfordshiremind.org or call us on 02037 273600. Once your place is booked, you will receive an email with a link and joining instructions.

Online Groups and Activities

Day	Group	Time	Dates
Wednesday	Online Music Group	19:00-21:00	Ongoing
Saturday	Online Music Group	11:00-13:00	Ongoing

To book your place, email us at meetingplaces@hertfordshiremind.org Once your place is booked, you will receive an email with a link and joining instructions.

Online Young People's Wellbeing Through Learning Courses

Day	Course	Time	Dates
Details of new courses coming out soon.			

For information and on how to book your place on one of our courses, please visit our website: www.hertfordshiremind.org/wellbeing-through-learning-children-and-young-people or call us on 02037 273600. Once your place is booked, you will receive an email with a link and joining instructions.

Spot the Signs & Emotional Wellbeing Webinars

Webinar	Who for	Date	Time
Adolescent Development	Youth Professionals	11/01/2021	10:00-11:30
Emotional Wellbeing and Coping Strategies	Parents/Carers and Families	11/01/2021	13:00-14:30
Adolescent Development	Parents/Carers and Families	13/01/2021	13:00-14:30
Five Ways to Wellbeing	Youth Professionals	13/01/2021	16:00-17:00
Introduction for Mental Health	Parents/Carers and Families	21/01/2021	10:00-11:00
Spot the Signs Youth Suicide Prevention	Youth Professionals	25/01/2021	10:00-14:30
Five Ways to Wellbeing	Parents/Carers and Families	26/01/2021	10:00-11:00

For more information and to book on to a webinar please visit our Eventbrite: bit.ly/2QZqK4f

If you would like to book an in-house session for your class or team email jessica.whittaker@hertfordshiremind.org to arrange a private webinar session that they can all access from home and/or in the classroom.

Online Carers Groups

Day	Group	Time	Dates
Tuesday	Carers Online Relaxation Group	14:00-14:30	Ongoing
Friday	Carers Online Group	10:00-11:00	Ongoing

To book your place, email us at carers@hertfordshiremind.org Once your place is booked, you will receive an email with a link and joining instructions.

Online HAFLS Wellbeing Through Learning Courses

Day	Course	Time	Dates
Thursday	Overcoming Anxiety and Fear	12:00-15:00	14/01/2021 (5 weeks)
Tuesday	Coronavirus and Your Wellbeing	17:00-19:30	19/01/2021 (4 weeks)
Wednesday	Building Self-Esteem	17:00-20:00	20/01/2021 (5 weeks)
Tuesday	Mindfulness and Relaxation	17:00-20:00	23/02/2021 (5 weeks)
Monday	Learning to Accept Change and Uncertainty	13:00-15:00	01/03/2021 (4 weeks)
Wednesday	Building Resilience	16:00-19:00	03/03/2021 (5 weeks)

For more information and details about how to book your place on one of our courses, please visit our website:

www.hertfordshiremind.org/wellbeing-through-learning or call us on 02037 273600.

Tel: 02037 273600

Email: info@hertfordshiremind.org

Web: www.hertfordshiremind.org

