#### Single Point of Access- Hertfordshire

The Single Point of Access (SPA) is available for all ages, for anyone living in Hertfordshire. SPA take referrals for those who need support with mental health and signposts them to the most appropriate services.

O300 777 0707 Monday- Friday 8am- 7pm

During out of hours, Hertfordshire Mental Health Helpline will be able to assist: 01438 843322 Monday- Friday 5pm- 8am and 24 hours a day on weekends and bank holidays

A http://www.hpft.nhs.uk/i-need-help-now/

An assessment will be conducted and the user may be referred to:

- Child and Adolescent Mental health Services (CAMHS)
- Mental Health Services for Older People (MHSOP)
- Community Mental Health Team \_

#### Childline

ChildLine is a national, private and confidential service for children and young people up to the age of 19. Young people can contact a ChildLine counsellor about anything -no problem is too big or too small.

- Opening hours: 24 hours a day, 365 days a year A
- T 0800 1111
- $\bowtie$ https://www.childline.org.uk/Talk/Pages/Email.aspx
- A https://www.childline.org.uk/Pages/Home.aspx

#### Citizen Advice Bureau

Offers practical up-to-date information and advice

Dacre House, 19 Hillfield Road, Hemel Hempstead, Hertfordshire, HP2 4AA

Opening hours: Monday – Friday varying times, see website

- **a** 03444 111 444
- astprojectco@hemelhempstead.cabnet.org.uk  $\bowtie$
- A http://dacorumcab.org.uk/

# Key contacts for mental health

#### **Hightown Housing Association**

Provides support on a one-to-one basic, to help people live independently. Providing flexible support- from just a couple of hours each week to 24 hour support.

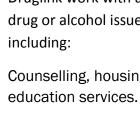
Hightown House, Maylands Avenue, Hemel Hempstead, Hertfordshire, HP2 4XH

- T 01442 292300
- housing.services@hightownha.org.uk  $\bowtie$
- A http://www.hpcha.org.uk/

#### Samaritans

Free confidential service for anyone to use. Open 24 hours a day, 365 days a year, Samaritans offers a listening ear and advice and support via a phonecall for anyone in distress or worried about a friend/family member

- 08457 90 90 90, 24 hours a day, 365 days a year
- jo@samaritans.org  $\bowtie$
- A http://www.samaritans.org/



Red Lion Lane, Hemel Hempstead, HP3 9TE

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#### Mind

o access Herts Mind Network's services users can self-refer, be referred by their Care Coordinator or key worker from the mental health team, GP or other health professional.

Well-Being Centre, 139 Leighton Buzzard Road, Hemel Hempstead, Hertfordshire, HP1 1HN

- 02037 273600 T
- info@hertsmindnetwork.org  $\bowtie$
- A http://www.hertsmindnetwork.org/

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Online form: http://www.turning-point.co.uk/contactus.aspx http://www.turning-point.co.uk/

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### **Turning Point**

Provide a variety of services including:

Outreach services

Talking therapies

Independent living services including supported

accommodation

Crisis services

Independent hospitals

Residential rehabilitation

020 7481 7600 (not a helpline)

info@turning-point.co.uk

## **Druglink**

Druglink work with anyone who has had, is recovering from or has drug or alcohol issues. They run a diverse range of services

Counselling, housing service, confidential advice, training,

01923 260733

http://druglink.co.uk/

#### Dacorum mental health directory

A 'Who to contact' directory for residents of Dacorum seeking information or help about their own or a family/friends mental health

• www.dacorum.gov.uk/mentalhealth