

### 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.

☎ 0300 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

🌐 <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

### 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](mailto:jo@samaritans.org)

🌐 <http://www.samaritans.org/>

### 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](mailto:info@turning-point.co.uk)

Online form: <http://www.turning-point.co.uk/contact-us.aspx>

🌐 <http://www.turning-point.co.uk/>

## Key contacts for mental health

### 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

☎ 0800 1111

✉ <https://www.childline.org.uk/Talk/Pages/Email.aspx>

🌐 <https://www.childline.org.uk/Pages/Home.aspx>

### Hightown Housing Association

Provides support on a one-to-one basis, 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

☎ 01442 292300

✉ [housing.services@hightownha.org.uk](mailto:housing.services@hightownha.org.uk)

🌐 <http://www.hpcha.org.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 including:

Counselling, housing service, confidential advice, training, education services.

Red Lion Lane, Hemel Hempstead, HP3 9TE

☎ 01923 260733

🌐 <http://druglink.co.uk/>

### 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

☎ 03444 111 444

✉ [astprojectco@hemelhempstead.cabnet.org.uk](mailto:astprojectco@hemelhempstead.cabnet.org.uk)

🌐 <http://dacorumcab.org.uk/>

### 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

✉ [info@hertsmindnetwork.org](mailto:info@hertsmindnetwork.org)

🌐 <http://www.hertsmindnetwork.org/>

### 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](http://www.dacorum.gov.uk/mentalhealth)