

# Hertfordshire Children and Young People's Mental Health Service Directory



- P** Professional referral required
- S** Self referral required
- Telephone service
- Digital support
- Includes support for age 0-5
- In person service

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.**

- 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.



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





*All services listed are available to home educated children*



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Chathealth 5-19   





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

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**  



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





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





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







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

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*


WithYOUth (5-19)        
*Live webchat, 1:1 and group online support*

**P** Professional referral required






 Telephone service

 Includes support for age 0-5

**S** Self referral required

 Digital support

 In person service

-  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.
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-  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.