



Children's Mental Health Week
3rd-7th February 2025
Know Yourself, Grow Yourself

We all have mental health, just like we all have physical health. It's OK to not be OK.

We all struggle sometimes and there is help available.

If you need help in a mental health crisis:

999

- Emergency intervention
- Life threatening condition

0800 6444 101

or

NHS 111 opt 2

or

**Mental Health
Urgent Care Centre**

- Urgent mental health needs
- Feeling unsafe, distressed or worried
- Hearing voices or seeing things others can't
- Feeling unable to cope
- Thinking about harming yourself or others

[Click here](#) for more information about the
Urgent Care Centre

0800 6444 101

or

E: hpft.spa@nhs.net

- Needing help and guidance but it's not an emergency
- Needing advice about anxiety/worries
- Mood changes
- Withdrawing from people
- If you just want to talk

Internal Support

Wellbeing Hub

The Wellbeing Hub is a safe space for pupils to come and share any worries or upsets they have. The children will learn strategies to help with anxieties and it is a place for them to come and have a regulation break. Also, the Wellbeing Hub provides soft start for children.

- The wellbeing hub is open 8-30 until 8.40 every morning
- Breaktimes
- Monday lunchtime – workshop with the Mental Health support team
- Children with a wellbeing hub pass may use the pass for 5-10 minutes regulation time in lessons, if needed.

Mental Health Support Team

The Wellbeing Hub team will be the ones who refer children to the Mental Health Support team, and with them they will participate in some Cognitive Behavioural Therapy (CBT) sessions. In addition to this, the team will deliver workshops to both parents and pupils, and they can refer the children onto other Mental Health services if it is needed.

If you are worried about your child's health and wellbeing, please contact the Wellbeing Hub – Wellbeinghub@edwinstree.herts.sch.uk

If you feel your child is struggling with friendships or work, please contact your child's Head of Year or Tutor.

External Support

Support Numbers

If you or your child is in need of urgent help, please speak to:

Single Point of Access (SPA)

Mental Health Helpline on:

0800 6444 101 (SPA provides 24-hour mental health support)

If you are not sure what to do or are unable to speak to SPA please call NHS **111** and select **option 2** for mental health services.

Emergencies: If someone's life is at risk please call **999**



Beat Eating Disorders

Help and support for individuals and families with eating disorders.

[The UK's Eating Disorder Charity - Beat](#)

The Samaritans logo, consisting of the word "SAMARITANS" in white, uppercase letters inside a green rectangular box.

Samaritans

Call from any phone anytime for free [116 123](#)



ChatHealth

Chat Health is a confidential texting service offered by the Hertfordshire School Nursing Team. It's safe and easy for you to speak to a qualified health professional. We provide advice, help and support to teenagers, with any health issues such as mental and emotional health, sexual health, healthy eating, bullying, alcohol, drugs, and stopping smoking. Whatever's on your mind, we can help. Even if you just need someone who understands or want advice for a friend. Chat Health: 07480 635050



Nessie

[Hertfordshire parents - NESSie IN ED, CIC](#)

Children and Young People Mental Health – Early Help Parent support Service for Parents/Carers in Hertfordshire

What we offer:

- Free online and face-to-face workshops
- Parent Support line: 07932 651319
- Private moderated Facebook support group: [Nessie Parent/Carer Support Group](#)
- 1-1 targeted brief support sessions
- Peer support groups
- 'Drop In and Chat Coffee Mornings' where you can discuss anything and everything

Young Minds

- [YoungMinds](#)
- If you're worried about your child or young person's mental health or wellbeing, you can call the Parents Helpline on: 0808 802 5544, Monday - Friday 9.30am - 4.00pm. The helpline provides detailed information, advice and support to parents or main carers of children and young people aged 25 or under.



Beacon

- [Hertfordshire Beacon Victim Care Service](#)
- Provides support to anyone who has been affected by crime. The current situation may have a huge impact on someone's ability to cope and recover from a crime or incident. They are still providing support via phone and email to victims and witnesses, regardless of how long ago the crime happened or whether it has been reported to the police. Please see website for further information.

Sandbox

- [Sandbox Homepage \(mindler.co.uk\)](http://mindler.co.uk)
- The Sandbox is an NHS-funded service to support children and young people in Hertfordshire with their mental health and well-being. The Sandbox is a central place for resources about common mental health issues, with information on how to access additional support or emergency services.



With Youth

[WithYouth](#)

A digital service that provides support to young people who are experiencing mental health needs or would like support with their emotional wellbeing. The service is open every day from 2pm-10pm.

