

Welcome to our December newsletter. It has certainly been a busy term; we can't quite believe it's December and nearly Christmas.

As usual we've been running our popular courses and workshops, and working with lots of lovely families and schools in the WelHat area. Please keep an eye out on the following pages for details of the courses we're offering after Christmas.

We've also included a list of places where kids eat free (or for £1) over the Christmas holiday - enjoy!

-We'll be back in the office from Monday 5th January 2026



Find us on FACEBOOK:  
Welwyn Garden City & Hatfield Schools Partnership

Please take a look at our website for details of help & support available:

<https://wgc-hatfield-schoolspartnerhip.com/>

Other Support Service Contacts are available via our website too.

Contact: Cheryl Bodrozic  
cbodrozic@stanborough.herts.sch.uk



## Children's Clothing Bank

We offer a range of nearly-new and good-quality children's clothing for families in need. Please contact your School Family Worker or use the contact details below for further information:



Contact: Cheryl Bodrozic  
cbodrozic@stanborough.herts.sch.uk



## Hygiene Bank

We run a Hygiene Bank with a selection of personal products available for families in need. Please contact your School Family Worker or use the contact details below to find out more.



Contact: Cheryl Bodrozic  
cbodrozic@stanborough.herts.sch.uk



# PLACES WHERE KIDS EAT FREE (OR FOR £1)

## OVER THE CHRISTMAS HOLIDAY 2025

### **Morrisons**

At [Morrisons cafés](#), for every adult meal you buy for £5 or more, you get a free kids' meal including a drink.

### **Dunelm Pausa Café**

For every £4 spent in [Dunelm Pausa Café](#), kids eat free. Choose a kids' main, drink and two snacks.

### **Bella Italia**

At [Bella Italia](#), for every adult main meal purchased, kids aged 2–11 can eat free every Sunday to Thursday. This includes three courses of food, plus a drink for £1.

### **Café Rouge**

For every adult main meal bought from Café Rouge between 12–4pm, a child can eat for free.

### **Dobbies Garden Centres**

At [Dobbies](#), for every adult main meal purchased, you can get a children's breakfast, hot meal or pick n mix lunch box for £1

### **Franco Manca**

Between Monday to Thursday at [Franco Manca](#), children under twelve can get a free kids' pizza at for every full-priced adult main meal (in selected pizzerias).

### **Gordon Ramsey restaurants**

For every adult that orders two courses from the la carte menu at [Gordon Ramsay Restaurants](#), you get a free main course from the Ramsay Kids' menu

### **OK Diners**

At [OK Diners](#), for every adult main course bought from the à la carte menu, a child under 10 years of age gets a free meal. Available all day, every day, excluding diners on the A1.

### **Premier Inn**

At [Premier Inn](#), for every adult that orders a breakfast, up to two children can eat breakfast for free.

### **TGI Fridays**

When you buy an adult main meal at [TGI Fridays](#), you get a free children's main if you download the free rewards app. This includes breakfasts, and is available all day, every day.

### **The Real Greek**

On Sundays at [The Real Greek](#), get a free kid's meal for every £15 spent by an adult.

### **Beefeater**

During school holidays at [Beefeater](#), for every adult breakfast you buy, two kids under 16 can eat for free.

### **Hungry Horse**

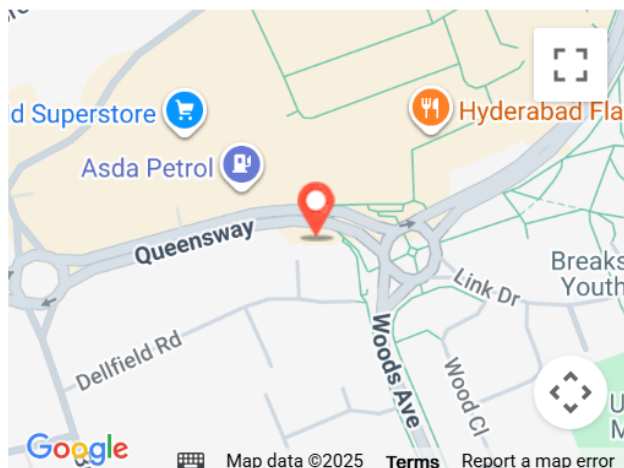
You can get a kids' meal for just £1 when buying one adult meal at a [Hungry Horse](#).

### **Sizzling Pubs**

At [Sizzling Pubs](#), for every adult main meal you buy on a weekday after 12pm (or after 3pm during term time), you can get one children's main for £1.

### **Brewers Fayre**

For every adult breakfast you buy at [Brewers Fayre](#), two kids under 16 eat for free.



## Hatfield Foodbank

07504 627359

### Opening times

|     |               |
|-----|---------------|
| Mon | Closed        |
| Tue | 11:30 - 14:00 |
| Wed | Closed        |
| Thu | Closed        |
| Fri | Closed        |
| Sat | Closed        |
| Sun | Closed        |

### Address

Gracemead Church  
Gracemead House,  
Woods Avenue,  
Hatfield,

AL10 8HX



### An eco-community on a mission to rescue food from landfill

Every week tonnes of fresh and edible food is thrown away by supermarkets in the UK as they clear older stock to make room for the new. Fresh fruit and vegetables, bakery products and store cupboard items which still have days and weeks of life remaining are destined for landfill, adding to the ever growing problem of CO2 emissions and climate change.

Food Rescue Hub rescues this food, crates and crates of it every week, and diverts it to fill tummies, not landfill. We make this food available to our ever-growing community of food rescuers who, like us, don't want to see perfectly good food go to waste. Everyone is welcome to bring their two empty bags and come and rescue food from our Hubs, and in doing so will be contributing to halting climate change.

You can **#rescuefood**



#### WGC

The Attimore Hall Pub,  
Ridgeway,  
Welwyn Garden City, AL7 2AD

09.30 am – 11.00am

**TUESDAY**

Weekly



#### HITCHIN

The Half Moon Pub  
57 Queen Street  
Hitchin, SG4 9TZ

09.30am – 11am

**THURSDAY**

Weekly

### Pay-as-you-feel

Your donation towards your rescue is what keeps our project sustainable and which allows us to recover food for you to rescue. The suggested minimum donation of £5 for two bags of shopping per rescuer but of course any amount you can contribute is very gratefully received.

### Pay-it-forward

We run a scheme which enables people to pay a donation in order for someone else who may need it, to get their rescue shopping for free. All donations welcome at our Hubs or via our website. Anyone is welcome to request a pay-it-forward voucher anytime, no questions asked.



# PARENT/CARER WORKSHOP

Please note that the WGC & Hatfield Schools Partnership courses are only available to our buy-in partner schools. Details of our partner schools can be found here:

<https://wgc-hatfieldschoolspartnership.com/our-schools/>



## Who's in Charge?

### A FREE\* 8 WEEK COURSE FOR PARENTS/CARERS LIVING WITH A STRONG-WILLED CHILD

#### COURSE COVERS:

- ENTITLEMENT VERSUS RESPONSIBILITY
- CONSEQUENCES
- ANGER
- ASSERTIVENESS
- SELF-CARE
- COOPERATIVE FAMILY RELATIONSHIPS

#### DATES:

Wednesdays from 28th Jan - 25th March (no session in half-term)

TIME: 9:30-11:30am

PROGRAMME CONSISTS OF 8 X 2 HOUR WEEKLY SESSIONS

LOCATION: Peartree Primary School

To book a place, please use the QR code or go to this link:

<https://forms.office.com/e/UzmG701hmR>

\*Please note that this course is only available for free to our partner schools, details of which can be found here:

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|   |  |
|---|--|
| <b>COURSE COVERS:</b> <ul style="list-style-type: none"><li>- ENTITLEMENT VERSUS RESPONSIBILITY</li><li>- CONSEQUENCES</li><li>- ANGER</li><li>- ASSERTIVENESS</li><li>- SELF-CARE</li><li>- COOPERATIVE FAMILY RELATIONSHIPS</li></ul> | <b>DATES:</b><br>Monday evenings,<br>starts Feb 2026 - exact<br>date to be confirmed |
| <b>PROGRAMME CONSISTS OF 8 X 2 HOUR WEEKLY SESSIONS</b>   | <b>TIME: 6:30-8:30pm</b>   |
|   | <b>LOCATION: Onslow St. Audrey's School</b>  |

**To book a place, please use the QR code or go to this link: <https://forms.office.com/e/q1ci0btEX5>**

\*Please note that this course is only available for free to our partner schools, details of which can be found here: <https://wgc-hatfieldschoolspartnership.com/our-schools/>



Made with PosterMyWall.com

[Booking form - Who's in Charge? Monday evenings starting Feb 2026 6:30-8:30pm @ Onslow SA – Fill out form](#)



# The Stanborough Park Christmas Reindeer Search

**21<sup>st</sup> to 29<sup>th</sup> December**

There are 15 Roguish  
Reindeers hiding  
around the park,  
can you find them all?

Pick up your map &  
answer sheet from  
Stanborough Park North Kiosk,  
by Splashlands

**A free, fun and  
festive way to enjoy  
the outdoors**

## DECEMBER ACTIVITIES

| Date        |                    | Sessions   | Time   | Venue  |
|-------------|--------------------|--|--|--|
| 1st,15th    | Mon                | <b>Dungeons &amp; Dragons (Full)</b>   | 12.30-15.30  | <b>The Zone@The Galleria</b>                 |
| 4th         | Thur               | <b>Trampolining Age 5+</b>   | 17.30-18.30  | <b>Gosling Sports Centre</b>                 |
| 2nd/4th/5th | Tue<br>Thur<br>Fri | <b>Christmas Big Give</b><br><b>Sustainable Christmas Crafts</b><br><b>Bring clothing to decorate and make festive, plus crafting. Competitions and Quizes .</b> | 11.00-2.00<br>All Welcome<br>4.30-6<br>SEN Session | <b>The Zone@The Galleria</b>                 |
| 6th         | Sat                | <b>Gift Wrapping</b>   | 11-4   | <b>The Zone@The Galleria</b>                 |
| 6th         | Sat                | <b>Christmas Canal boat Trip</b>   | 10.30-2.45   | <b>Waterways Experiences Hemel Hempstead</b> |
| 11th,18th   | Thu                | <b>Bushcraft/Stem Home Ed Age 4+</b>   | 10.30-12.00  | <b>Potential to Grow Garden</b>              |
| 11th        | Thur               | <b>Connect Secondary Age</b>   | 16.30-18.00  | <b>The Zone@The Galleria</b>                 |
| 12th        | Fri                | <b>Early Years Stay &amp; Play</b>   | 10.30-12.00  | <b>The Zone@The Galleria</b>                 |
| 12th        | Fri                | <b>Parent /Carer Wellbeing</b>   | 12.30-14.00  | <b>The Zone@The Galleria</b>                 |
| 12th        | Fri                | <b>Youth Group 16 Plus</b>   | 18.30-20.30  | <b>The Hub@The Galleria</b>                  |
| 16th        | Tue                | <b>Connect Primary age</b>   | 16.30-18.00  | <b>The Zone@The Galleria</b>                 |
| 19th        | Fri                | <b>Skateboarding Age 9+</b>  | 17.30-18.30  | <b>Pioneer Club St Albans</b>                |
| 20th        | Sat                | <b>PK Christmas party 4-11 years</b>   | 1-2.30   | <b>The Hub@The Galleria</b>                  |
| 20th        | Sat                | <b>Pk Christmas party 11-15 years</b>  | 3-4.30   | <b>The Hub@The Galleria</b>                  |

To book visit : [potentialkids.org.uk/events](https://potentialkids.org.uk/events)

For futher information email: [info@potentialkids.org](mailto:info@potentialkids.org)

the galleria  
OUTLET SHOPPING



SCAN FOR ALL OF OUR  
IMPORTANT LINKS







For Neurodivergent Children, Young People  
Their Siblings and Parents/Carers

THE ZONE brings opportunities  
to connect with others, build  
confidence, make friends in an  
inclusive, safe, welcoming  
environment.



## CONNECT GROUP

A welcoming Session for neurodivergent  
young people and their siblings to  
connect, relax, make friends, and have  
fun with Lego, board games, themed  
crafts, and chill-out and chat areas.  
Time to unwind in a friendly space!

**Secondary school Age Session**  
**@The Zone (ground floor of galleria )**  
**Tuesday 28<sup>th</sup> October 2-3.30pm**  
**Halloween themed crafts**  
**Cost £5**

Booking @ [potentialkids.org.uk/events](https://potentialkids.org.uk/events)

**Unit 55 The Galleria**  
**Comet Way**  
**Hatfield, AL10 0XR**

For times & dates please see  
our website

For further information email: [info@potentialkids.org](mailto:info@potentialkids.org)

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Registered Charity No. 1182917

SCAN FOR ALL OF OUR  
IMPORTANT LINKS



## SUPPORTING YOUNG PEOPLE IN WELWYN HATFIELD

Services for  
Young People

### WHAT IS SERVICES FOR YOUNG PEOPLE (SFYP)?

Services for Young People is part of Hertfordshire County Council and  
provides free youth work projects, information, advice, careers guidance,  
work-related learning and wider support for young people in Hertfordshire.

### WELWYN GARDEN CITY & HATFIELD ACCESS POINT PROJECTS

SFYP Access Point Projects provide young people with access  
to free and confidential information, advice, guidance and  
sexual health services.

You can come in and talk to us about:

- Jobs and careers
- Training & apprenticeships
- Independent living skills
- Emotional wellbeing and mental health
- Sexual health services:
  - ✓ Free condoms
  - ✓ Free pregnancy testing
  - ✓ Free chlamydia and gonorrhea testing
- Finances and housing
- Alcohol, drugs or substance misuse

All young people in Hertfordshire aged 13-19 are welcome  
at any of our Access Point Projects. They are also available  
for care experienced young people aged 18-24 and for  
young people aged 13-24 with any type of disability.

**Welwyn Garden City Young  
People's Centre**  
Block A Oaklands College  
The Campus  
College Way  
Welwyn Garden City  
AL8 6AH

**Hatfield Young  
People's Centre**  
Breaks Manor  
Link Drive  
Hatfield  
AL10 8TP

### PLANNING YOUR FUTURE

Our Advisers can support you with researching your future career options,  
identifying your skills and strengths, deciding your goals, and even suggesting  
new possibilities that you might not have previously considered.

Ask at your school, or if you are not in school, work or training, visit the Welwyn  
Garden City or Hatfield Access Point Projects to talk to one of our team.



Enabling young people to succeed  
[www.servicesforyoungpeople.org](http://www.servicesforyoungpeople.org)



@HCCSFYP



Our FREE 12 week in-person and online programmes  
start on week commencing 22nd September 2025



| Monday   | Tuesday  | Wednesday   | Thursday  |
|--|--|---|---|
| BOREHAMWOOD<br>Aberford Park<br>Community Centre, WD6 1PN<br>4:30 - 6:30pm | WATFORD<br>Holywell Community Centre<br>Chaffinch Lane, WD18 9QD<br>5:30 - 7:30pm                  | STEVENAGE<br>Oval Community Centre<br>SG1 5RD<br>5:30 - 7:30pm            | HEMEL HEMPSTEAD<br>Hobletts Manor Junior School<br>HP2 5JS<br>5:00 - 7:00pm |
| CHESHUNT<br>Andrews Lane<br>Primary School, EN7 6LB<br>4:30 - 6:30pm       | ** NO SESSION **   | HATFIELD<br>Birchwood Avenue<br>Primary School, AL10 0PS<br>5:00 - 7:00pm | ** NO SESSION **  |
| ONLINE<br>(ages 5 - 8) 5:30 - 6:30pm<br>(ages 9 - 12) 6:30 - 7:30pm        | ONLINE<br>(ages 5 - 8) 5:30 - 6:30pm<br>(ages 9 - 12) 5:30 - 6:30pm<br>(ages 9 - 12) 6:30 - 7:30pm | ONLINE<br>(ages 9 - 12) 5:30 - 6:30pm                                     | ** NO SESSION **  |



Sign up today!

@ BZBInfo@maximusuk.co.uk

01707 248 648



Our programmes are for children above their ideal weight, see our website for more information.



Ready to make a change?

The first step starts with you

Join our FREE 8-week health and wellbeing programme. It's made with the help of young people, for young people. This is a chance for you to talk about topics that matter to you.

Achieving Goals

Body Image

Communication

Exam Stress

Motivation

Physical Activity

Relationships

Self-Love

Our online group sessions start on:

Date: Weds 8th October 25 & weekly thereafter

Time: Starts at 6pm - Ends at 7pm



Sign up for your  
**FREE PLACE**  
today



@ BZBInfo@maximusuk.co.uk

01707 248 648



Our programmes are for 13 to 17-year-olds, see our website for more information.









24-0882

## Find the support you need at the **Families First Portal**

**Families First is the name for early help in Hertfordshire. It is a way of getting extra support for your family to help you manage problems early on.**

Families First is available to all Hertfordshire families with children under 18 (25 if they have a learning need or disability).

Visit the [portal](#) for more information, with direct links to:-

-  Relationship Support
-  Parenting advice and childcare
-  Money advice
-  Emotional and mental health
-  Domestic abuse support
-  Staying healthy
-  Online Safety
-  SEND Local Offer

and many other useful links



[@FamiliesFirstHerts](#)



[@FFHerts](#)

*"I'm worried about my child's behaviour in school and at home"*

*"I am struggling to cope with everything at present, so feeling overwhelmed."*

*"I'm worried about money"*

*"I need reassurance and support"*

[\*\*hertfordshire.gov.uk/familiesfirst\*\*](https://hertfordshire.gov.uk/familiesfirst)



**DSPL** | Delivering Special  
Provision Locally  
*Achieving quality outcomes*

**PASSIONATE ABOUT SUPPORTING OUR  
LOCAL CHILDREN, YOUNG PEOPLE,  
FAMILIES AND SCHOOLS'**

DSPL Area 5 (Welwyn and Hatfield) covers 32 primary schools, 5 secondary schools, 3 special schools and 3 nurseries.



## ALTERNATIVE LIST OF HELP

In an emergency dial 999 and ask for an ambulance or go to A&E departments of your local hospital.

**ChildLine:** Help and advice from a trained counsellor for under 19's, through their helpline and webchat anytime, about anything. Tel: 0800 1111.  
[www.childline.org.uk](http://www.childline.org.uk)

**Samaritans:** 116 123 free to call anytime any age about anything.

**Papyrus:** Free confidential space to talk about your thoughts of suicide with trained advisors. For children and young people, up to 35 years. Phone, text webchat HopeLine UK 0800 0684141.  
<https://www.papyrus-uk.org/>

**Shout:** Provides free 24/7 text support for young people across the UK experiencing a mental health crisis anytime, anywhere, any age. Text SHOUT to 85258.  
[www.giveusashout.org](http://www.giveusashout.org)

**Young Minds:** In urgent need text free 24/7 to 85258  
[www.youngminds.org.uk](http://www.youngminds.org.uk)

**NHS - Hertfordshire NHS Foundation Trust** - Urgent Out of hours advice and telephone support. Single Point of Access (SPA) Mental Health Help line. Anytime, any age 0800 6444 101

## ONLINE HELP

**SANDBOX** - Online support for 10-25 years. Access to games, worksheets, group chats and 1:2:1 support via text, phone or online.  
<https://sandbox.getcerebral.co.uk/>

**Stop. Breathe. Think.** Free 1-1 counselling sessions for 8 to 21 years. You can have a chat on text to BREATHE to 85258  
<https://www.stopbreathethink.org.uk/>

**With YOUTH** (Mind Hertfordshire CYP)- children and young people's digital wellbeing service 5-18 years  
<https://www.withyouth.org/>

**Big White Wall/Scape:** On-line service for mild Mental Health issues for over 18's, 24/7  
[www.bigwhitewall.com](http://www.bigwhitewall.com)

**Stayalive.app** - an app which can be downloaded onto your mobile for those at risk of suicide and people worried about someone. [www.stayalive.app](http://www.stayalive.app)

## HELP LINES

**Young Minds Helpline** - 10-17 years living in Herts 01923 256391 for support and advice as well as carers and parents. [www.hertfordshiremindcyp.org](http://www.hertfordshiremindcyp.org)

**Just Talk** - helping young people in Hertfordshire to talk about their mental health  
- [www.justtalkherts.org](http://www.justtalkherts.org)

**Health for Teens** - advice for 11-19's on topics ranging from emotional wellbeing, healthy relationships, and physical health. Select the Hertfordshire pages for up-to-date advice on local services.  
[www.healthforteens.co.uk](http://www.healthforteens.co.uk)

**Saneline:** Mental Health Support for over 16s. Offering emotional support, guidance, and information to anyone affected by mental illness - including family, friends and carers  
[www.sane.org.uk](http://www.sane.org.uk) Tel 0300 304 7000. Open from 4pm to 10pm.

**The Mix:** Under 25s Free information and support for mental health issues 0808 808 4994 [www.themix.org.uk](http://www.themix.org.uk)

**Anxiety UK:** Help and support for anxiety [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

## COUNSELLING

**Contact your GP who can assess your needs and make a referral if appropriate.**

**NHS - Hertfordshire Partnership NHS Foundation Trust** - SPA (Single Point of Access) can put you in touch with NHS mental health services. If you call them, they will help, get you to the service best for your needs Tel: 0300 777 0707; Out of hours 01438 843322  
[www.hpft.nhs.uk](http://www.hpft.nhs.uk)

**Mind in Mid Herts:** Over 16's counselling and group work 03303 208100  
[www.mindinmidherts.org.uk](http://www.mindinmidherts.org.uk) - covers Hertford, St Albans, Stevenage, and Hatfield

**Talk in Herts** - Under 18 years. Based in Welwyn but will take referrals out of area. Low-cost counselling on a sliding scale up to maximum of £40 per session. 07843 481040 <https://talk-in-herts-counselling.co.uk/>

**The Counselling Foundation - St Albans Centre:** 18-25 years self-referral, sliding scale charge between £5-£50, GP referral for 16-17 years for free sessions 01727 856693 The Counselling Foundation: Over 16's Counselling with GP referrals 0300 303 6690  
[www.counsellingfoundation.org](http://www.counsellingfoundation.org)

**School Counselling** - please speak to your individual school, college & University.

**Safe Space Counselling in Schools:** The Counselling in Schools Service provides Counselling & Arts Therapies to schools across Hertfordshire for 5-19-year-olds. 01992 588796 Professional to make referral.

## OTHER COUNSELLING SERVICES IN HERTFORDSHIRE

**YCT** – Counselling with 5-25 in Harlow. Supporting children and young people aged 5-25 years in Harlow and 11-19 years old in locations across East, North & West Hertfordshire including Waltham Abby, Stansted, Hoddesdon, Ware, Bishops Stortford, Stevenage, Letchworth 01279 414 090.  
<https://yctsupport.com/>

**Signpost Counselling** offering counselling to young people between 10-18 olds to a maximum of 12 sessions and for those 19-25 there could be a charge depending on your circumstances as in calculated as a percentage of your income. 01923 239495.  
<https://oneymca.org/signpost>

**Raphael House** 4-25 covering London Borough of Barnet including an Hertfordshire Outreach covering Hatfield & Welwyn Garden City covering young people 11-18. 020 8440 9144.  
<https://www.rephaelhouse.org.uk>

### Finding private counsellors:

**ACP:** Association of Child Psychotherapists  
[www.childpsychotherapy.org.uk](http://www.childpsychotherapy.org.uk)

**BACP:** British Association of Counselling & Psychotherapy  
[www.itsgoodtotalk.org.uk/therapists](http://www.itsgoodtotalk.org.uk/therapists)

**UKCP:** UK Council for Psychotherapy  
[www.psychotherapy.org.uk](http://www.psychotherapy.org.uk)

**Counselling Directory:**  
[www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)

**YOUTH  
TALK**  
We're listening

## SPECIFIC HELP

**The Ollie Foundation** – suicide prevention (information and training)

[www.theolliefoundation.org](http://www.theolliefoundation.org)

**Grief Encounter:** Support with bereavement of a sibling/ parent 0808 802 0111  
[www.griefencounter.org.uk](http://www.griefencounter.org.uk)

**CRUSE** Support with bereavement 0808 808 1677  
<https://www.cruse.org.uk/>

**Winston's Wish** – support with bereavement, children, and young people up to age of 35. 08088 020 021,  
<https://www.winstonswish.org>

**The WISH Centre** ( Harrow) 020 3137 9044, free service for young people for self-harm.  
[www.thewishcentre.org.uk](http://www.thewishcentre.org.uk)

**Young Carers in Hertfordshire** – practical and emotional support to young people with caring responsibilities. [www.ycih.org](http://www.ycih.org)  
01992 58 69 69

**Herts Young Homeless** – advice and practical support for 16–24-year-olds who are homeless or worried they might become homeless. Tel: 18-24 years call 08000 355 775. For 16–17-year-olds call 03003 230130 [www.hyh.org.uk](http://www.hyh.org.uk)

**FRANK** Offer a 24-hour confidential helpline for young people with questions or concerns about alcohol or drugs. You can chat online with advisors daily from 2pm – 6pm. Tel: 0300 123 6600

**A-Dash:** Help with drug/alcohol issues for under 18s  
<https://www.healthforteens.co.uk/hertfordshire/services/adash-adolescent-drug-and-alcohol-service-hertfordshire/>

**Spectrum:** Help with drug/alcohol issues/recovery for over 18's in Hertfordshire  
<https://www.changegrowlive.org/spectrum-hertfordshire-drug-alcohol-services>

**The Living Room:** Daytime group therapy sessions for any addiction, 18+, 0300 365 0304  
<https://www.livingroomherts.org/st-albans-huh>

**Night Light Crisis Service:** Over 18s, Fridays - Monday between 7pm - 2am – Out of hours mental health service 01923 256391  
<https://www.stayalive.app/find-help-now/resources-by-area/england/hertfordshire/night-light-crisis-service-hertfordshire/>

**Eating disorders:** Support for anyone suffering from an eating disorder  
[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

**First steps ED** – 5–17-year-olds eating difficulties and disorders – no professional diagnosis required (confidential from 14+)  
[www.firststepsed.co.uk](http://www.firststepsed.co.uk)

**ADD-vance** – support for ADHD and autism 01727 833963  
<http://www.add-vance.org/>

**Palms Hertfordshire** – Positive behaviours, autism, learning disability and Mental health service. 01727 582122  
<https://www.hct.nhs.uk/our-services/palms/>

**Herts SARC** – offers free support and practical help to anyone over 13 years in Herts who have experienced sexual violence and/or abuse 24/7 helpline 08081784448, herts.sarc@nhs.net  
[www.hertssarc.org](http://www.hertssarc.org)

**Herts Domestic abuse Helpline.** 0808 808 8088 9am-9pm Mon-Fri and 9am-4pm weekends

**National Domestic Abuse Helpline** 0808 2000 247



If you're young  
and feeling  
a bit low, or  
worried,  
find the help you  
need in Herts.



[www.hertfordshire.gov.uk/youthmentalhealth](http://www.hertfordshire.gov.uk/youthmentalhealth)

# Mental health support for all children and young people in Hertfordshire

## Talk to someone!

**Always remember: it's OK to not be OK. Talking shows strength, not weakness.**

If you or your child need support with improving emotional wellbeing / mental health, there are lots of self-help resources and services available in Hertfordshire all year round.

Please always ask for support if you need it. Don't ever struggle alone.

**Click below for further information:**

[Mental health support for all children and young people in Hertfordshire](#)

# Mental health support and advice



Includes information about mental health and some of the resources and services that can help you.