Hertfordshire Children and Young People's Mental Health Service Directory

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 or scan the QR code to be redirected to more information.

- Telephone service
- Online/virtual service
- Face to face service
- Referral required

- Chathealth 0-5
- Chathealth 11-19
- Children's Crisis Assessment and Treatment Team
- Children's Wellbeing Practitioners
- CHUMS Bereavement Support
- Educational Psychologists
- Families First
- First Steps ED
- Health for Kids
- Health for Teens
- Herts Haven Cafés
- Just Talk
- Just Talk Ambassador Scheme
- Lumi Nova
- Mental Health Support Teams in Schools (MHSTs)
- NESSie Parenting
- NHS Talking Therapies
- PALMS
- Rephael House Counselling
- Safe Space
- School Nurses and Duty Line
- Signpost
- Single Point Access (SPA)
- Specialist CAMHS
- Spectrum Family and Young People's Service
- Step 2
- The Sandbox
- Togetherall
- WithYOUth
- YCT Counselling
- Youth Talk Counselling
- 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unable to display empathy, difficulty coping with anger or frustration, bereavement by suicide/suspected suicide, withdrawn or unwilling to engage, disruptive or challenging behaviour, unable to maintain peer relationships (bullying, bullied or aggression etc).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.