




ADDICTIONS

HERFORDSHIRE STOP SMOKING SERVICE




Provides help and advice to help you stop smoking.

 01442 453071
 hertfordshire.stopsmokingservice@nhs.net
 www.smokefreehertfordshire.nhs.uk

ALZHEIMERS

ALZHEIMER'S SOCIETY




Working to improve the quality of life of people affected by dementia.

 Heron Court, Ida Darwin, Cambridge Road
Fulbourn, Cambridgeshire, CB21 5EE
 01223 884031
 www.alzheimers.org.uk

BEREAVEMENT

CRUSE (HERTFORDSHIRE BRANCH)





Offering support after the death of someone close.

 01707 278389
 office@cruse-hertfordshire.org.uk
 www.cruse.org.uk

CARERS

CARERS IN HERTFORDSHIRE

Support for Carers

 The Red House, 119 Fore Street, Hertford, SG14 1AX
 01992 586969
 contact@carersinherts.org.uk
 www.carersinherts.org.uk

DRUGS





DRUGLINK

Provides a diverse and responsive range of services to make a significant and positive impact on the lives of those misusing drugs and alcohol.

 Trefoil House, Red Lion Lane, Hemel Hempstead, Herts HP3 9TE
 01923 260733
 info@druglink.ltd.uk
 www.druglink.co.uk

ADASH



Provides confidential advice, support and specialist assessment and treatment for young people who have drug and alcohol problems.

 Downs Farm Centre, 2A McDonald Court, High View, Hatfield, AL10 8HR
 a-dash@hpft.nhs.uk
 01992 531917
 www.hpft.nhs.uk

GENERAL

CITIZENS ADVICE BUREAU

Helps people resolve their legal, money and other problems by providing free, independent and confidential advice, and by influencing policymakers.

 www.citizensadvice.org.uk
 www.hertfordshirecab.org.uk

HEALTH IN HERTS




Provides information, advice and services to support health and wellbeing.

 www.hertsdirect.org/services/healthsoc/healthherts

MENTAL HEALTH





HERTS MIND NETWORK

Promotes the preservation of good mental health and to assist in relieving and rehabilitating people experiencing mental ill health requiring advice or treatment.

 02037 276600
 info@hertsmindnetwork.org
 www.hertsmindnetwork.org

GUIDEPOSTS TRUST

Working with people who have mental health issues, dementia, learning disabilities, physical impairments, their carers and families, to help them make the best possible choices for quality care services

 Henry Smith House, 3-5 Estcourt Road, Watford WD17 2PT
 01923 223554
 hsh@guidepoststrust.org.uk
 www.guidepoststrust.org.uk

THE SAMARITANS




If something's troubling you, then get in touch. We're here 24 hours a day, 365 days a year.

 08457 90 90 90
 jo@samaritans.org
 www.samaritans.org.uk

HERTFORDSHIRE PARTNERSHIP NHS FOUNDATION


TRUST

Provides some Children Services, Learning Disability Services and Mental Health Services across Hertfordshire

 99 Waverly Road, St Albans, AL3 5TL
 01727 804700
 www.hertsparts.nhs.uk

SAMh (Support Association for Mental Health)


Making sure that Mental Health services are meeting the needs of people today.


 supportassociationfmh@hotmail.com

OLDER PEOPLE

AGE UK HERTFORDSHIRE

Aims to improve later life for everyone through information, advice, services, campaigns, products, training and research.

 1 Silver Court, Watchmead,
Welwyn Garden City, AL7 1LT

 01707 323272


 info@ageukherts.org.uk


 www.ageuk.org.uk/hertfordshire


RELATIONSHIPS

RELATE

Offering advice, relationship counselling, sex therapy, workshops, mediation, consultations and support face-to-face, by phone and through their website.

 There are a number of branches throughout
Hertfordshire

 0300 100 1234 (national number)


 01923 241803

 http://www.relate.org.uk

VETERANS

LISTENING MATTERS

An independent ear listening to ex-military and civilian life experiences.

 07466 436389

 www.listeningmatters.org

YOUNG PEOPLE

KOOH.COM

Online Counselling Service for young people.

 www.kooth.com

PROJECT FIRST STEP


Information and advice for young people on leaving home.


 www.projectfirststep.org


FUTURE HOPE

Helping young people in crisis gain hope and a future.

 40 Castle Street, Hertford, SG14 1HH

 01882 503333

 jess@future-hope.org.uk


 www.future-hope.org.uk

HECTORS HOUSE

To point young people in the direction of help

 www.hectorshouse.org.uk


HERTS YOUNG HOMELESS

 01923 245030

TRAINING AND SUPPORT

FORWARD FOR LIFE

Offering specialist licensed and tailored training, advice and strategic support in the areas of suicide prevention, wellbeing and mental health.


 07585776800


 info@forwardforlife.org


 www.forwardforlife.org

COMMON UNITY SOCIAL ENTERPRISE

A Health and Social Care organisation specialising in mental health and wellbeing with 'hard to reach' communities. Specialist training in suicide prevention, health and well-being.

 0121 554 9360 (ext. 4)

 caront@common-unity.org


 www.common-unity.org

USEFUL NATIONAL LINKS/CONTACTS/HELPLINES


MENTAL HEALTH FOUNDATION

 www.mentalhealth.org.uk


MIND

 0208 519 2122


RETHINK NATIONAL ADVICE SERVICE

 0845 456 0455

CENTRE FOR MENTAL HEALTH


 0207 827 8300

SURVIVORS OF BEREAVEMENT BY SUICIDE

 0844 561 6855

SANE

 www.sane.org.uk

 08457 67 8000

ROYAL COLLEGE OF PSYCHIATRISTS

 www.rpsych.ac.uk

VICTIM SUPPORT

 0845 3030900