

## Looking after your mental health and wellbeing through winter.

### Information for Adults

The Coronavirus pandemic is causing emotional strain for many people who might be worrying about their friends and families, their health, jobs and finances. This, along with the lack of social contact, due to the social distancing restrictions, can make it more difficult for people to cope.

It's normal to feel anxious and if you're worried about the effects on your mental health, you are not alone. The following organisations are delivering services throughout lockdown to support you to look after your mental health and well-being through winter.

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### Need help now?

If you need help in a mental health crisis

#### Hertfordshire Partnership Foundation Trust (HPFT) Mental Health Services

- Call NHS 111 and select Option 2, to go directly to HPFT Single Point of Access (SPA) helpline or
- Call the SPA helpline direct on 0800 6444 101 which is open 24/7 or Email: [hpft.spa@nhs.net](mailto:hpft.spa@nhs.net) for non-urgent enquiries
- Alternatively, call HPFT Out of Hours Helpline Tel: 01438 843322 which will divert to the SPA helpline

#### Herts Mind Network – Mental health helpline

Anyone experiencing mental health distress can call the Crisis Helpline for emotional support and signposting. To contact the helpline please call us on **01923 256391** during the following times:

**Mon:** 6pm – Tue 8am; **Tue:** 6pm – 1am; **Wed:** 6pm – 1am; **Thu:** 6pm – 1am; **Fri:** 6pm – Sat 8am; **Sat:** 3pm – Sun 8am; **Sun:** 3pm – Mon 8am

Further information can be found at [www.hertsmindnetwork.org/crisis-support](http://www.hertsmindnetwork.org/crisis-support)

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### Local organisations

#### Hertfordshire Partnership Foundation Trust (HPFT) Mental Health Services

The Wellbeing Service continues to provide support to adults experiencing common mental health problems including depression and anxiety. The service offers free access to digital video and telephone based talking therapies including a wide range of self-help webinars and resources. Please visit: [wellbeing.service/hertfordshire](http://wellbeing.service/hertfordshire) for more information about the service.

**HPFT** remains open, for more information or to make a referral for services please contact the Single Point of Access (SPA) number 0800 6444 101, currently open 24 hours a day, 7 days a week.

**Herts Mind Network** deliver a wide range of services across the county, including peer support, community support, domestic abuse services, complex needs services, dementia and carers support. They also provide a range of online services including Meeting Places and Wellbeing Courses. You can contact them on 0203 727 3600 to find out more about their provision and find the support that will best meet your needs. More information can be found at [www.hertsmindnetwork.org](http://www.hertsmindnetwork.org)

**Mind in Mid-Herts** provide prevention, recovery and support services in Hertfordshire including, mental health courses and workshops, social groups, exercise groups, psychological therapies, 1-1 calls, LGBTQ+ and carers groups as well as vocational support. In addition, since April we have been running free, fully funded live daily mindfulness sessions, led by a qualified mindfulness and mental health practitioner. To access any of their services please ring 03303 208100 or visit their website: [www.mindinmidherts.org.uk](http://www.mindinmidherts.org.uk)

**Viewpoint** is a user involvement charity in Hertfordshire for people with mental health or drug and alcohol problems. For more information on social activities and programmes please see their website [www.hertsviewpoint.co.uk](http://www.hertsviewpoint.co.uk) or you can also find out more by visiting the Viewpoint Facebook page.

**Guideposts Watford** is a mental health and wellbeing charity that deliver 1:1 support, outreach groups, facilitated groups, Zoom Groups, Peer to Peer community and connect support, Carer support and support for people on the autism spectrum. Our purpose is to support people living with mental health problems, disability, or caring responsibilities to have a better quality of life by enabling them to strengthen their emotional wellbeing and be a part of their local communities. For more information please visit [guideposts.org.uk/hertfordshire-services/](http://guideposts.org.uk/hertfordshire-services/) or call 01923 223554

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## Other local support

### Drug and Alcohol services

You can contact **Spectrum, Change Grow Live (CGL)** Drug and Alcohol Recovery Services by phone on 0800 652 3169 (0900-1700 Mon & Sat, 0900-1900 Tuesday to Friday) or emailing [Herts@cgl.org.uk](mailto:Herts@cgl.org.uk).

For more information visit the website on <https://www.changegrowlive.org/spectrum-hertfordshire-drug-alcohol-services>

For a range of **self-help options**, information and Brief Advice training, support and where to get help, please visit Health in Herts <https://www.hertfordshire.gov.uk/services/health-in-herts/drugs-and-alcohol.aspx>

### Domestic Abuse

If you are experiencing domestic abuse or worried about someone else who might be you can contact Hertfordshire Domestic Abuse Helpline: 08 088 088 088 (freephone Mon-Fri 9am-9pm, Sat/Sun 9am-4pm) or visit the website for more information: [www.hertssunflower.org](http://www.hertssunflower.org)  
If you are in immediate danger always dial 999

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## Information for people on the autism spectrum

If you're a person on the autism spectrum this will be a difficult time for you. There are a range of resources to support you through this time, you can find the latest guidance on coronavirus and useful information on the following website:

**National Autistic Society:** [www.autism.org.uk/](http://www.autism.org.uk/)

## Carers

**Carers in Hertfordshire** provide information, advice and support to any carer who lives, works or cares in Hertfordshire. They can be contacted on 01992 586969 or by email on [contact@carersinherts.org.uk](mailto:contact@carersinherts.org.uk). There are also resources on [their website](#).

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## Dementia

If you are concerned that you or a loved one are developing memory problems, your GP can make a referral to Hertfordshire's Early Memory Diagnostic and Support Service (EMDASS), and this service has fully reopened following the spring lockdown.

There is a range of information and ideas to support people with symptoms of dementia through [Hertwise](#) and [Alzheimer's Society](#).

Admiral Nurses offer specialist support to carers supporting someone with dementia. They are supporting people mainly by phone but are still making home visits on an individually assessed basis.

For more information you can still talk to [Herts Help](#) on 0300 123 4044.

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## Bereavement

In normal circumstances, bereavement can be a lonely and isolating experience, and these feelings can be made worse by the impact of social distancing measures.

A series of guides have been produced to support people with bereavement at this time. There is a version for adults, parents and carers, young people and easy read versions for people with additional needs here: [www.hertfordshire.gov.uk/coronavirusbereavement](http://www.hertfordshire.gov.uk/coronavirusbereavement).

**Cruse Bereavement Care Hertfordshire** provide telephone support to bereaved people via a telephone helpline. You can access support on 01707 278389 Monday to Friday from 9am to 5pm. For helpful resources see the [Cruse website](#)

Local Bereavement Support is available from [Peace Hospice Care](#), who have a team of volunteer bereavement counsellors and run regular bereavement groups. Tel: 03332 340 868 and ask for the Bereavement Support Team

**InTouch** is a countywide emotional support line for older people, open Monday to Friday 9am – 4:30pm. Tel: 01992 629 358 OR 01992 634 964 OR 07538 954 189  
Email: [InTouch@ageukherts.org.uk](mailto:InTouch@ageukherts.org.uk)

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## Apps / National websites

There are several apps and national websites to support your mental health and wellbeing.

**Mind** - [www.mind.org.uk](http://www.mind.org.uk)

**Samaritans** - <https://www.samaritans.org/>

**Sane** - out of hours helpline Tel: 0300 304 7000 from 4.30pm - 10.30pm every day

**Alcohol Health Alliance UK:** In order to support those in recovery at this difficult time, the Alcohol Health Alliance has put together a list of resources which may be useful.  
[ahauk.org/recovery-during-coronavirus/](http://ahauk.org/recovery-during-coronavirus/)

**NHS Mental Health apps library:** [www.nhs.uk/apps-library/mental-health/](http://www.nhs.uk/apps-library/mental-health/)

Public Health England's **Every Mind Matters** service has launched a new suite of tips and advice, focussed on looking after people's mental wellbeing during the coronavirus (COVID-19) outbreak. Resources include a tailored COVID-19 Mind Plan, content for individuals and their loved ones on managing their mental wellbeing during the outbreak, and support for specific mental health issues such as anxiety, stress, low mood and trouble sleeping.  
For more information visit: [www.everymindmatters.co.uk](http://www.everymindmatters.co.uk)

### Stay Alive App

The Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. The app is available for both android and iOS.

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## Already working with a service?

Most organisations have made changes in the way in which services are delivered to ensure that you can still access support when you need it. If you are currently receiving support from a service or have been recently discharged, you can contact the service if you are struggling with your mental health. Most have a duty line and a website where you can find out how to continue accessing services.