

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 to be redirected to more information. **Referrals are either professional or self, you do not need both.**




- P** Professional referral required

T Telephone service



I Includes support for age 0-5
- S** Self referral required

D Digital support


I In person service

Chathealth 0-5   

Chathealth 11-19   

Children's Crisis Assessment and Treatment Team (C-CATT)  **P** **S** 



Children's Wellbeing Practitioners (5-19)
Low intensity community support  **P** **S**  



CHUMS Bereavement Support  **P** **S** 
Support following a suicide death




Educational Psychologists  **P** 

Families First  **P** **S** 
All round extra family support

First Steps ED (0-18)    
Help for eating difficulties and disorders


Health for Kids  





Health for Teens  



Herts Mind Network Counselling (5-19)   **P** **S**  




Just Talk  





Lumi Nova (7-12)    
App based game to manage worries and anxiety



Mental Health Support Teams (MHSTs) on site provision at selected schools  **P**  





NHS Talking Therapies (16+)   **P** **S**  





PALMS  **P** 




Safe Space  **P**  
Includes emergency crisis support for schools




School Nurses and Duty Line    



Services for Young People (13-17)  **P** 





Signpost Creative Therapies (5-19)   **S**  
Includes art, drama and play





Single Point Access (SPA) **P** **S**    
Central portal for all referrals



Specialist CAMHS  **P**  







Spectrum Family and Young People's Service   **P** **S** 
Alcohol and drug support



Step2 (0-19)  **P** **S** 


The Sandbox (10-25)  **S**   
Information, iCBT, 1:1 online video therapy


The Toolbox (Neurodiverse)    


Togetherall (16+)  


WithYOUth (5-19)      

Young Minds Parent Helpline  


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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.
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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.
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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).
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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
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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.