

Need help right now?

If you or someone you know is having mental health problems, there's plenty of help out there right now...

[NHS mental health helplines and live webchat](#)

If it's an emergency, dial 999, alternatively you can try:

- [Samaritans](#)
- [Childline](#)

Other local agencies which might be able to help are:

Herts Mind Network

<https://www.hertsmindnetwork.org/>

By phone: 02037 273600 or by email: info@hertfordshiremind.org

If you are experiencing a mental health crisis and would like someone to talk to, you can call our **Crisis Helpline**.

We will offer you sensitive and non-judgmental support from our team of dedicated Crisis Support Workers and Peer Mentors who will provide you with:

- Time and space to talk
- Support with crisis resolution and building coping strategies
- Advice and information
- Signposting
- Onward referral

Professionals, family/friends can call on someone's behalf with the individual's consent.

To contact the helpline please call us on **01923 256391**

Just Talk Herts

Encouraging Hertfordshire to show strength through talking about their mental health

<https://www.justtalkherts.org/just-talk-herts.aspx>

Herts Sunflowers

<https://www.hertssunflower.org/support-during-coronavirus.aspx>

If you or someone you know is a victim of domestic abuse

Call Herts Independent Domestic Violence Advocacy Service (IDVA) on **0300 790 6772**

(Monday-Friday 9am-5pm)

If you require emergency refuge accommodation, you can call Safer Places specialist domestic abuse service on **0330 102 5811** (24/7 availability). These services can support anyone 16 years or over.

Feeling Safe

<https://www.suzylamplugh.org/>

For a society in which people are safer - and feel safer - from violence and aggression; we want people to be able to live life to the full.

Safer Places J9 <https://www.saferplaces.co.uk/>

Safer Places has over 40 years' experience in delivering holistic support services to adult and child survivors of Domestic Abuse across Essex and Hertfordshire. Over the years we have grown and adapted our services to meet the needs of the communities we serve. Our team take a non-judgemental and respectful approach to their work and we will do all that we can to ensure that everyone who needs our services can use them, how they want to, when they want to, and where they want to. Domestic abuse does not discriminate and happens in every community. We are proud to work inclusively with anyone who has experienced abuse and our services are designed to reach everyone impacted by abuse. The support that we offer is holistic, trauma informed and individually tailored to each survivor. Our highly qualified staff are there to empower survivors, giving them the knowledge and confidence to choose the steps on their journey to recovery.

<https://www.saferplaces.co.uk/j9-initiative>

Safer Places has a new Live Chat service. This service enables anyone experiencing abuse to chat directly with a member of the Safer Places team. The measures announced to tackle coronavirus (COVID 19) have seen day to day life change dramatically and undoubtedly made it harder for people to access support services

<https://www.saferplaces.co.uk/help-in-a-crisis>

Hertfordshire Domestic Abuse Helpline

For information and advice for yourself or someone you're worried about.

Call the [Herts Domestic Abuse Helpline](https://www.hertsdomesticabusehelpline.org/) on **08 088 088 088** for support and advice.

Lines are open Monday – Friday 9am – 9pm, 9am – 4pm on weekends.

<https://www.hertsdomesticabusehelpline.org/>

Herts Domestic Abuse Helpline is a confidential, free, support and signposting service for anyone affected by domestic abuse

We are here to listen

Call 08 088 088 088

9am-9pm Monday to Friday and 9am-4pm
weekends

Confidential email Kim@mailpurple.org