

## Looking after your mental health and wellbeing through winter (Adults in Hertfordshire)

Winter can be difficult for many of us. Darker nights and a drop in temperature can be hard on our mental health and wellbeing. The impact of the costs of living are causing emotional strain for many people who might be worrying about their families, their health, jobs, and finances. It is 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 to support you to look after your mental health and wellbeing through winter.

**You can self-refer to most of these services without needing to see your GP or a mental health professional. Please visit the websites or give them a call to find out more.**

**Herts Mind Network** deliver services for adults aged 18 and over. This includes peer support, community support, crisis support and services, domestic abuse services, complex needs services, dementia and carers support. More information can be found at [www.hertsmindnetwork.org](http://www.hertsmindnetwork.org) Email [info@hertsmindnetwork.org](mailto:info@hertsmindnetwork.org) or call [0203 727 3600](tel:02037273600).

**Mind in Mid-Herts** In person and online mental health courses and workshops, social groups, exercise groups including football and walking, psychological therapies, 1-1 calls, LGBTQ+ and male/female groups as well as vocational support. To access any of their services contact them on [03303 208100](tel:03303208100), email [admin@mindinmidherts.org.uk](mailto:admin@mindinmidherts.org.uk) or visit the website: [www.mindinmidherts.org.uk](http://www.mindinmidherts.org.uk)

**Hertfordshire Partnership Foundation Trust (HPFT) Wellbeing Service** support for adults experiencing common mental health problems i.e., depression and anxiety. The service offers free access to digital video and telephone based talking therapies. Info and self-referral [wellbeingservice/hertfordshire](http://wellbeingservice/hertfordshire)

**Rethink Mental Illness** offers a befriending service to adults with a mental difficulty in East Herts and carers support across the whole of Hertfordshire. Contact [rethinkcompanions@rethink.org](mailto:rethinkcompanions@rethink.org), [jonathan.clack@rethink.org](mailto:jonathan.clack@rethink.org) or call [07760615342](tel:07760615342)

**Guideposts SW Herts** – Support for adults with complex and enduring mental health and social care needs, offering 1:1, group, and peer support. Also, carers support for unpaid carers of people living with a mental health condition. To access services, call 01923 223 554 or email [HSH@guideposts.org.uk](mailto:HSH@guideposts.org.uk). [www.guideposts.org.uk/hertfordshire](http://www.guideposts.org.uk/hertfordshire)

**Togetherall** online 24/7 peer-to-peer mental health community clinically moderated, for residents of Hertfordshire aged 16+ and feeling anxious, low or depressed visit <https://togetherall.com/en-gb>

**Trinity Community Project** offer a group counselling session plus social opportunities for adults with mental health issues. This service is not free, but the prices are low. You can self-refer on the website <https://www.trinitycp.org.uk/>

### **Support for adults with Autism**

Autism Hertfordshire provides support to people with Autism, parents, carers and professionals. There is a helpline open Monday to Friday, 9am – 5pm, you can reach this on [01727 743246](tel:01727743246) or email [enquiries@autismherts.org](mailto:enquiries@autismherts.org). Autism Hertfordshire is also able to provide support with: Pre and Post Diagnosis Support, Transitions support, adult skills development course and workshops, carers support, social activities.

### **Support for refugees and asylum seekers**

**Flourish** provide advice, information, onward referral and holistic support to refugees and asylum seekers who are experiencing mental ill health or need support with their mental wellbeing. Please visit [Flourish – Refugee Service – Hertfordshire Mind Network \(hertsmindnetwork.org\)](http://Flourish – Refugee Service – Hertfordshire Mind Network (hertsmindnetwork.org)), or phone [020 3727 3600](tel:02037273600).

### **Dementia and older people**

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). There is a range of information and ideas to

support people with symptoms of dementia through [Hertwise](#) and [Alzheimer's Society](#). For more information you can still talk to [Herts Help](#) on [0300 123 4044](tel:03001234044) or email [info@hertshelp.net](mailto:info@hertshelp.net)

**InTouch** is a countywide emotional support line for older people, open Monday to Friday 9am – 4:30pm. Telephone either 01992 630623 or 01992 634964, email [InTouch@ageukherts.org.uk](mailto:InTouch@ageukherts.org.uk)

### Support for unpaid carers

**Carers in Hertfordshire** provides information, advice and support to unpaid family and friend carers - people looking after someone who is elderly, disabled, has a physical or mental illness or who misuses drugs or alcohol. The charity supports carers of all ages – children and adults – who live, work or care in Hertfordshire. They can be contacted on [01992 58 69 69](tel:01992586969) or by emailing [contact@carersinherts.org.uk](mailto:contact@carersinherts.org.uk) and there are resources on their website [www.carersinherts.org.uk](http://www.carersinherts.org.uk)

### Drug and Alcohol services

You can contact **Spectrum, Change Grow Live** (CGL) Drug and Alcohol Recovery Services by phone on [0800 652 3169](tel:08006523169) (0900-1700 Monday and Saturday, 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>

**The Living Room** support adults in Hertfordshire with addiction problems. You can make an appointment by phone on 0300 365 0304 or online at [www.livingroomherts.org](http://www.livingroomherts.org). Also offering daily group therapy sessions at hubs in Stevenage, St Albans and Watford.

### 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](tel:08088088088) (freephone Mon-Fri 9am-9pm, Sat/Sun 9am-4pm) confidential email [Kim@mailpurple.org](mailto:Kim@mailpurple.org), or visit the website for more information: [www.hertssunflower.org](http://www.hertssunflower.org)

### Bereavement

**Cruse Bereavement Care Hertfordshire** offer support for bereaved people via a telephone helpline. [01707 278389](tel:01707278389) Monday to Friday from 9am to 5pm. For helpful resources see the [Cruse website](#)

### Influencing and participation

**Viewpoint** is a user involvement charity for people to share their personal experiences on mental health and drugs & alcohol to influence positive change. Viewpoint also offer courses, workshops, events, and groups [01707 386136](tel:01707386136) <https://www.hertsviewpoint.co.uk/>

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**If you are experiencing mental health crisis** - this means that emotions, thoughts and behaviours risk harm to self or others

### If you need help urgently but it's not an emergency

- Anyone experiencing mental health distress can call the **Nightlight Crisis Helpline** for emotional support. Helpline call [01923 256391](tel:01923256391). From 7pm – 1am, 7 days a week, 365 days a year. Email [nightlight@hertsmindnetwork.org](mailto:nightlight@hertsmindnetwork.org)
- **Samaritans** – Telephone 116 123, <https://www.samaritans.org/>
- Call NHS [111](tel:111) and select [Option 2](#) – they can tell you where to get help

### Call 999 if:

- you or someone you know needs help in an **emergency**
- you have seriously **harmed yourself** – for example, by taking a drug overdose