



# South West Herts Partnership Mental Health & Emotional Wellbeing Support for Adults

ORGANISATION	EXPLANATION	OPERATIONS ADVICE	CONTACT INFO/WEB LINKS
Samaritans	Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year	Call 116 123	<a href="https://www.samaritans.org/how-we-can-help/contact-samaritan/">https://www.samaritans.org/how-we-can-help/contact-samaritan/</a>
Mind UK	UK Mental Health Charity with information and an online mutual support community		<a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a> <a href="https://www.mind.org.uk/information-support/support-community-elefriends/">https://www.mind.org.uk/information-support/support-community-elefriends/</a>
Big white wall	Self-help	16+	<a href="https://www.bigwhitewall.com/">https://www.bigwhitewall.com/</a>
Sleepio APP	Sleep improvement programme	Available 24/7	<a href="https://go.bighealth.com/sleepio_nhs">https://go.bighealth.com/sleepio_nhs</a>
Silver cloud	Digital behaviour and mental health platform		<a href="https://www.silvercloudhealth.com/uk">https://www.silvercloudhealth.com/uk</a>
Sane uk	Supporting adult mental health	Sane Line : 0300 304 7000	<a href="http://www.sane.org.uk/">http://www.sane.org.uk/</a>
leso	Supporting with stress, PTSD, anxiety, depression, OCD, social anxiety, phobias, panic disorders, and more	Offers CBT	<a href="https://www.iesohealth.com/en-gb">https://www.iesohealth.com/en-gb</a>
mindEd	Information for adults supporting children and young people with mental health		<a href="https://www.minded.org.uk/">https://www.minded.org.uk/</a>
Bipolar UK	Advice, information and support for Bipolar		<a href="https://www.bipolaruk.org/">https://www.bipolaruk.org/</a>
OCD action	Advice, information and support for OCD	0845 390 6232	<a href="https://ocdaction.org.uk/">https://ocdaction.org.uk/</a>
OCD UK	Information and support for OCD		<a href="https://www.ocduk.org/">https://www.ocduk.org/</a>
Bounce Forward	Online Resilience Course for Parents - Helping Children Thrive		<a href="https://bounceforward.com/news/online-resilience-course-for-parents/">https://bounceforward.com/news/online-resilience-course-for-parents/</a>
Mindfulness support service	Webinar course for Hertfordshire residents. Two 1 hour sessions a week		<a href="https://us02web.zoom.us/webinar/register/WN_5AJm9etRAWsIYKu7-VIQ">https://us02web.zoom.us/webinar/register/WN_5AJm9etRAWsIYKu7-VIQ</a>