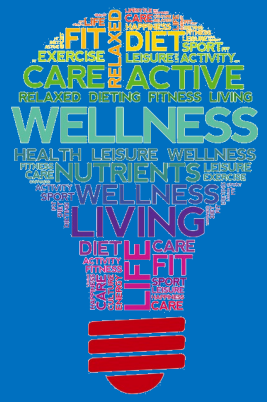

South West Herts Partnership Mental Health & Emotional Wellbeing Support for Adults

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	https://www.samaritans.org/how-we-can-help/contact-samaritan/
Mind UK	UK Mental Health Charity with information and an online mutual support community		https://www.mind.org.uk/ https://www.mind.org.uk/information-support/support-community-elefriends/
Big white wall	Self-help	16+	https://www.bigwhitewall.com/
Sleepio APP	Sleep improvement programme	Available 24/7	https://go.bighealth.com/sleepio_nhs
Silver cloud	Digital behaviour and mental health platform		https://www.silvercloudhealth.com/uk
Sane uk	Supporting adult mental health	Sane Line : 0300 304 7000	http://www.sane.org.uk/
leso	Supporting with stress, PTSD, anxiety, depression, OCD, social anxiety, phobias, panic disorders, and more	Offers CBT	https://www.iesohealth.com/en-gb
mindEd	Information for adults supporting children and young people with mental health		https://www.minded.org.uk/
Bipolar UK	Advice, information and support for Bipolar		https://www.bipolaruk.org/
OCD action	Advice, information and support for OCD	0845 390 6232	https://ocdaction.org.uk/
OCD UK	Information and support for OCD		https://www.ocduk.org/
Bounce Forward	Online Resilience Course for Parents - Helping Children Thrive		https://bounceforward.com/news/online-resilience-course-for-parents/
Mindfulness support service	Webinar course for Hertfordshire residents. Two 1 hour sessions a week		https://us02web.zoom.us/webinar/register/WN_5AJjm9etRAWSlYKu7-_VIQ