SPOT THE SIGNS & SAVE A LIFE

SPOT THE SIGNS OF SUICIDE RISK AND YOU COULD SAVE A LIFE



Support services available in Hertfordshire

HPFT Single Point of Access on 0800 6444 101

Our Children and Young Persons signposting guide is available as a PDF here.

mind in Mid Herts

as one

Hertfordshire Partnership NHS
University NHS Foundation Trust

mind Hertfordshire Network

SPOT THE SIGNS & SAVE A LIFE

SPOT THE SIGNS OF SUICIDE RISK AND YOU COULD SAVE A LIFE

Spot the Signs and Save a Life is a suicide prevention campaign helping to remove the stigma of talking openly about suicide.

We provide training courses and signpost to the mental health and support services available in Hertfordshire.

We aim to:

- Increase public awareness of depression and suicide in Hertfordshire
- Remove the stigma linked with suicide
- Provide suicide prevention training to GPs, healthcare providers and the voluntary sector in Hertfordshire
- Work with companies to create safer workplaces
- Signpost to mental health services available in Hertfordshire

Our vision is to make Hertfordshire a county where no one ever gets to a point where they feel suicide is their only option

www.hpft.nhs.uk

www.mindinmidherts.org.uk/spot-the-signs

@SpotSignSuicide **hpftspotthesigns@nhs.net**


POC
POC
POC

Help in a Crisis

If you are worried about your own or someone else's suicidal thoughts or feelings:

- In a **life-threatening** situation call **999**
- **Samaritans** Free confidential support in a crisis 24 hours a day, every day. Telephone: **116 123**
- **HPFT Single Point of Access (SPA)** Referrals and mental health support. Telephone: 24/7 **0800 6444 101**
  Email: **hpft.spa@nhs.net**
  Webchat facilities available via the website **Monday-Friday 7am-7pm**: **https://www.hpft.nhs.uk/contact-us/**
- **ChildLine** 24-hour counselling service for children and young people. Telephone: **0800 1111**
- **Herts Help** Free service to help you find independent support and guidance . Telephone:**0300 123 4044** Email: info@hertshelp.net Available Monday-Friday 8am-8pm and Saturday-Sunday 10am-6pm.
- **Help for Heroes - Combat Stress** Crisis support for veterans struggling with depression. Telephone: **0800 1381619**
- **Nightlight Crisis Helpline** (Friday, Saturday, Sunday, Monday 7pm—2am). Telephone: **01923 256391**
  www.hertsmindnetwork.org/nightlight
- Make an urgent appointment with your **GP**

Contents

This Signposting Guide is divided by area of need helping you to spot the signs of suicide risk and find a support service.

The areas are also colour-coded, so you can find the services you need quickly.

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Whilst we make every effort to keep these references up to date we cannot take responsibility for links which fall out of date nor for the services which may be offered to people as a result of making contact with them.

Mental Health

Single Point of Access (SPA) Hertfordshire Partnership University NHS Foundation Trust (HPFT) Directs all Hertfordshire referrals for mental health services.
Telephone: 24/7 **0800 6444 101**
www.hpft.nhs.uk/get-help

Hub of Hope A mental health database bringing grassroots and national mental health services together in one place. Available to anybody at www.hubofhope.co.uk or via the free, downloadable app on iOS and Android devices.

Herts Mind Network Provides opportunities to manage wellbeing.
Telephone: **02037 273600** www.hertsmindnetwork.org

Mind in Mid Herts Supports individuals who are suffering from mental and emotional distress.
Telephone: **03303 208100** www.mindinmidherts.org.uk

The Counselling Foundation Offers low cost counselling either through self-referral or via GPs.
St Albans Tel: 01727 856693 Stevenage Tel: 01727 856693 www.counsellingfoundation.org/find-a-counsellor

SANE Offers support to anyone affected by mental health problems.
Telephone: **07984 967 708 / 0300 304 7000** www.sane.org.uk

Turning Point - Complex Needs Improves lives through support across mental health, learning disability, substance misuse, the criminal justice system and employment.
Telephone: **01707 891120** www.turning-point.co.uk

Bereavement

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Cruse Bereavement Care Hertfordshire Promotes the wellbeing of bereaved people and enables anyone suffering bereavement caused by death to understand their grief and cope with their loss.
Adult Helpline: **01707 278389** Young Persons Helpline: **01707 264293**
www.cruse-hertfordshire.org.uk

Help Is At Hand An NHS resource for people bereaved by suicide or apparent suicide. Includes a detailed advice booklet.
www.supportaftersuicide.org.uk/help-is-at-hand

Survivors Of Bereavement by Suicide (SOBS) Provides dedicated support to adults who have been bereaved by suicide. They provide local support groups, a helpline and email support.
Telephone: **0300 111 5065** (7 days per week, 9am till 9pm)
www.uksobs.org

Safe Space offer counselling within the school environment, with a focus on individuals that might be struggling with change, trauma or bereavement. You can ask your school if they offer this.
Telephone: **01992 588 796** (Mon - Fri, 9am - 5pm)
Email: **safespacemailbox@hertfordshire.gov.uk**

Addiction

Alcohol Concern Supports those affected by alcohol.
Telephone: **0203 815 8920** or Drinkline Helpline: **03001231110**
www.alcoholconcern.org.uk

CGL provide evidence-based treatment interventions to those who are still using drugs and alcohol and who are in early stages of recovery, along with support for carers of those with drug and alcohol concerns to access the right help. There are specialist services for young people and families along with adult services. In addition to these services, CGL also offer specialist inpatient detox's and residential rehab.
Telephone : **01438 364 495**
www.changegrowlive.org

DrugLink provide education to prevent substance misuse. They also provide recovery, housing and affordable counselling which supports clients and their family and friends on their journey.
www.druglink.co.uk

Emerging Futures deliver countywide HRS provision to those who are at risk of homelessness due to their substance misuse as well as the provision of supported beds for those who are at various stages of recovery. Emerging Futures are co-located with CGL Spectrum.
www.emergingfutures.org.uk/projects/hertfordshire/

FRANK Offers a 24-hour confidential helpline for young people, parents and carers with questions or concerns about alcohol or drugs.
Telephone 24hrs : **0300 123 6600**
Webchat 7 days a week 2pm—6pm via www.talktofrank.com
SMS Service: **Text 82111**

Future Living provides an independent support for those in recovery from addiction and domestic abuse providing a safe, non-judgemental therapeutic environment. Available in Hertford.
www.futurelivinghertford.co.uk

The Living Room provide an abstinence-based rehabilitation treatment to adults in Hertfordshire. This includes daytime group counselling therapy for people who suffer with addiction to alcohol, drugs or behaviours including disordered eating, gambling, love & sex. Therapy is available in Stevenage, St Albans, Watford and online via zoom.
Telephone: **0300 365 0304**
Monday to Friday—9am-16:30pm
www.livingroomherts.org

No more' Service adopts a holistic approach to address the causes and consequences of substance misuse and offending behaviour. Available in Stevenage.
Telephone: **01438 242666**

RECOVER is a vibrant furniture up-cycling charity & social enterprise, creating pathways into volunteering and work. At its heart is our commitment to sustainability – up-cycling old unwanted furniture or working with materials either donated or reclaimed from the local area. Offering vulnerable adults new fulfilment and purpose
www.recoverteam.co.uk/

Resolve psychosocial D&A support, including 121, Counselling and Group support available online or face to face for clients unable to access IT, safe spaces or are high risk. Available in North Herts and Welwyn Garden City. **www.resolve-online.org**

Carers

Carers in Hertfordshire: Carers Bereavement Group Runs free sessions for carers who have lost the person for whom they cared. Telephone: **01992 586969** (Mon to Thurs 9am to 5:30pm / Fri 9am to 4:30pm) **www.carersinherts.org.uk**

Carers UK Advice, information and support. A service helping with the complicated nature of being a carer.
Telephone: **0808 808 7777** (Monday to Friday, 9am – 6pm) or you can contact the service by email: **advice@carersuk.org**
www.carersuk.org

Hertfordshire Young Carers Council Online support for young carers. Working with children, young people and their families to help them find support. Telephone: **01992 586969**
www.ycih.org

Children & Young People

ChildLine 24-hour counselling service for children and young people. Telephone: **0800 1111** **www.childline.org.uk**

Hector's House Provides advice and details of services available for young people in crisis. **www.hectorshouse.org.uk**

Herts Young Homeless Emergency accommodation for 16-24 year olds. Telephone: **08000 355 775** / **03333 202 384** **www.hyh.org.uk**

Home Start Herts Support service offering emotional and practical support to parents of children under 12. Telephone: **01438 367788** **www.home-startherts.org.uk**

OLLIE (One Life Lost is Enough) Provides suicide intervention skills training for adults working with young people. **www.theolliefoundation.org**

PAPYRUS Prevention of Young Suicide Support for young people up to the age of 35. Telephone: **0800 068 4141** **www.papyrus-uk.org**

YoungMinds Confidential helpline and support service for parents and carers worried about young people up to the age of 25. Telephone: **0808 802 5544** (Monday to Friday 9.30am – 4pm, free for mobiles and landlines) **www.youngminds.org.uk**

KOOTH Provide anonymous and personalised mental health support for Children and Young People. **www.kooth.com/**



Employment & Courses

Hertfordshire County Council Lists job vacancies in public services throughout Hertfordshire.
Telephone: **01992 555000** **www.countyofopportunity.co.uk**

Job Seekers' Allowance Advice on eligibility and how to claim.
www.gov.uk/jobseekers-allowance

Mind Ed Provides e-learning across the health, social care, education, criminal justice and community settings. It is aimed at anyone from beginner through to specialist. **www.minded.org.uk**

Mind in Mid Herts Offers Living Well courses and vocational support.
Telephone: **03303 208100** **www.mindinmidherts.org.uk**

Herts Mind Network Provides HAFLS Wellbeing Through Learning Courses.
Telephone: **02037 273600** **www.hertsmindnetwork.org**

New Leaf Wellbeing College provides a range of free courses and workshops to enable you to take better control of your wellbeing.
Telephone: **01442 864966** **www.newleafcollege.co.uk**

Families

Al-Anon Family Groups Provides support to families affected by someone else's drinking.
Telephone: **0800 0086 811** (10 am - 10 pm, 7days a week including Bank Holidays) **www.al-anonuk.org.uk**

DrugFAM Supports families, friends and carers who are struggling to cope with a loved one's addiction to drugs or alcohol.
Telephone: **0300 888 3853** **www.drugfam.co.uk**

Families Anonymous Meetings for families and friends of those with a drug or related behavioural problem.
Telephone: **0207 498 4680** or **0845 1200 660** **www.famanon.org.uk**

Families First Provides support for the whole family through a variety of organisations. **www.hertfordshire.gov.uk/familiesfirst**

Family Lives Provides support in all aspects of family life, 24 hours a day, seven days a week.
Telephone: **0808 800 2222** **www.familylives.org.uk**

National Domestic Violence Helpline 24-hour helpline for anyone experiencing domestic violence or worried for someone else.
Telephone: **0808 200 0247**
www.nationaldomesticviolencehelpline.org.uk

Housing

Emmaus Supports people to work their way out of homelessness, providing meaningful work and a home for as long as its needed.
Telephone: **0300 303 7555** **www.emmaus.org.uk**

Herts Young Homeless Advice for 16-24 year olds who are homeless or worried they might become homeless.
Telephone: **03333 202 384**
03003 230 130 (16-17years) **08000 355 775** (18-24years)
Or visit **http://homelesshub.help/** **www.hyh.org.uk**

Shelter Housing advice for people struggling with bad housing or homelessness with support and legal services.
Telephone: **0808 800 4444** **www.shelter.org.uk**

Open Door Homelessness Service A night shelter and daytime drop-in for vulnerable people in St Albans.
Telephone: **01727 859113** **www.hightownha.org.uk**

North Herts Sanctuary (Helping Herts Homeless) A hostel providing temporary accommodation for homeless people.
Telephone: **01462 435835 / 01438 354 884**
www.northhertssanctuary.org.uk

Haven First Provides shelter and support for single people experiencing homelessness in Stevenage and North Herts.
Telephone: **01438 354 884** (Stevenage Site)
Telephone: **01462 435 835** (Hitchin Site)
www.stevenagehaven.org.uk

Self-Harm

Harmless A user-led organisation that provides support, information, training and consultancy to people who self-harm, their friends, families and professionals.
www.harmless.org.uk

Alumina Alumina is a free, online 7 week course for young people struggling with self-harm who are aged 14-19.
www.selfharm.co.uk

Self-Injury Support Offers information about nationwide services to support those affected by self-harm and the Women's Self-Injury Helpline and TESS text service for girls and young women up to 24 years old.
Telephone: **0808 800 8088** / **TESS** Text: **0780 047 2908**
www.selfinjurysupport.org.uk



Men's Mental Health

Campaign Against Living Miserably (CALM) A charity helping to prevent male suicide in the UK.
Telephone: **0800 585 858** (5pm to midnight, 365 days a year) or visit **www.thecalmzone.net for Webchat**

Help for Heroes Hidden Wounds Offering support to veterans and armed forces family members struggling with depression and anger.
Telephone: **0300 303 9888** **www.helpforheroes.org.uk**

JOCA - Just One Click Away Support and a friendly ear, especially for men, 24/7. **www.jocarugby.co.uk**
Contact the various JOCA Welfare Teams via email:
Welwyn Garden City: **joca@welwynrfc.co.uk**
Hitchin: **hitchin@jocarugby.co.uk**
Bishops Stortford: **stortford@jocarugby.co.uk**
Watford: **joca@fullersrfc.co.uk**

Men's Health Forum Provides practical information and guidance for men such as stress, addiction, sex and physical wellbeing, including an online forum. **www.menshealthforum.org.uk**

YMCA West and Central Herts Support for young men and women with accommodation, education, family support, health and wellbeing.
Telephone: **01923 353600**
Email: **general@oneymca.org** **www.ymca.org.uk**

Money

Debt Advice Foundation Advice and education to support to anyone worried about debt.
Telephone: **0800 043 4050** (8am—6pm Monday to Friday)
www.debtadvicefoundation.org

GamCare The main support organisation in the UK running the National Gambling Helpline and providing face-to-face counselling.
Telephone: **0808 802 0133** (8am to 6pm Monday to Friday)
www.gamcare.org.uk

Money Advice Service Free and impartial money advice, set up by the government providing advice and guides to help improve your finances.
Telephone: **0800 138 7777**
Webchat: www.moneyadviceservice.org.uk

National Debtline Information and clear advice on how to take back control of your finances.
Telephone: **0808 808 4000**
Webchat: www.nationaldebtline.org

StepChange Free impartial debt advice personalised to each individual situation.
Telephone: **0800 138 1111** (8am-8pm Monday to Friday / 8am-4pm Saturday) **www.stepchange.org**



Mobile Apps

StayAlive is a pocket suicide prevention resource you can use if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

The app includes a variety of resources, including a safety plan, customisable reasons for living, and a life box where you can store photos that are important to you.

Available to download for free via the App Store or Google Play.

Hub of Hope is a mental health database bringing grassroots and national mental health services together in one place.
Using the location of web browser or mobile devices, the app allows anyone, anywhere to find the nearest source of support for any mental health issue.

The hub of hope is available at hubofhope.co.uk or as a free, downloadable app on iOS and Android devices.

Calm Harm is an award-winning app developed for teenage mental health.
It provides tasks to help you resist or manage the urge to self-harm. You can make it private by setting a password, and personalise the app if you so wish.
You are also able to track your progress and notice change.

Available to download for free via the App Store or Google Play.

Helplines

Age UK Hertfordshire - InTouch Support for people aged 50 and over. Telephone: **0300 345 3446**
www.ageuk.org.uk/hertfordshire

ChildLine 24-hour counselling service for children and young people. Telephone: **0800 1111** **www.childline.org.uk**

FRANK A 24-hour confidential helpline. Telephone: **0300 123 6600**
www.talktofrank.com

Nightlight Crisis Helpline (Friday, Saturday, Sunday, Monday 7pm—2am). Telephone: **01923 256391** **www.hertsmindnetwork.org/nightlight**

Samaritans Telephone: **116 123** Email: **jo@samaritans.org**
www.samaritans.org

Shelter Housing advice. Telephone: **0808 800 4444**
www.shelter.org.uk

Spectrum - Hertfordshire Drug & Alcohol Services Advice on drug and alcohol use. Telephone: **01438 364 495**
www.changegrowlive.org

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In partnership with

Hertfordshire County Council
County Hall
Pegs Lane
Hertford
SG13 8DQ
0300 123 4040
www.hertfordshire.gov.uk

Hertfordshire Partnership University NHS Foundation Trust (HPFT)
The Colonnades
Beaconsfield Road
Hatfield
Hertfordshire
AL10 8YE
01707 253800
www.hpft.nhs.uk

@SpotSignSuicide

hpft.spotthesigns@nhs.net

www.hpft.nhs.uk/spot-the-signs

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501 St Albans Road
Watford
WD24 7RZ
02037 273600
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