

Mental health support



What are mental health problems?

If you think you might be suffering from a mental health problem, you are not alone. Mental health problems affect around one in four people and most people will know someone who has experienced a mental health problem.

If you are suffering from poor mental health, you might find it difficult, or even impossible, to cope with the ways that you're frequently thinking, feeling or reacting. You might be worrying more than usual or finding it hard to enjoy your life.

Mental health problems range from common problems such as depression and anxiety to rarer conditions such as schizophrenia and bipolar disorder.

Support and advice

There are a range of different people and organisations you can turn to for help and advice. It's always best to ask for help, even if you are not sure exactly what is wrong.

As a first port of call, the first place you might like to go is to your doctor (GP). They could make a diagnosis, offer you support and treatments (such as talking therapies or medication) or refer you to a mental health specialist.

It might also help to talk to someone you can trust about how you are feeling, maybe family or friends, a colleague or neighbour. They may be able to offer you support as you find help that is right for you.

If you feel that you are at breaking point and you don't feel that you can keep yourself safe right now, seek immediate help. Go to any A&E department, call 999 and ask for an ambulance, or ask someone else to call 999 for you or take you to A&E.

Otherwise, the following organisations can offer support and advice.

Hertfordshire NHS Wellbeing team offer free, confidential talking therapy and practical support for people experiencing a range of mental health problems. You can complete a self referral form online.

0300 777 0707

www.talkwellbeing.co.uk

Mind is a national charity for better mental health. Their website is full of information and support on a range of topics, including legal information.
0300 123 3393 (Mondays to Fridays, except for bank holidays)
www.mind.org.uk

NHS Single Point of Access is for people to access NHS mental health support and services in Hertfordshire.
0300 777 0707

NightLight Crisis Service is an out of hours mental health crisis service operating in Hertfordshire. Face-to-face help and support is available at three Crisis Centres around the county, in Watford, Hemel Hempstead and Ware.
01923 256391 (Fridays to Mondays, between 7pm and 1am)
www.hertsmindnetwork.org/nightlight

Samaritans are open 24 hours a day, 365 days a year and offer confidential support and advice, allowing you to talk about whatever is troubling you. There is a local branch in Hitchin (best ring before you visit).
116 123 (national freephone helpline)
01462 455 333 (Hitchin branch, local call charges apply)
jo@samaritans.org
www.samaritans.org

SANEline is a national out of hours mental health helpline offering emotional support, guidance and information to anyone affected by mental illness. Open every day of the year, from 4.30pm to 10.30pm.
0300 304 7000
www.sane.org.uk

Help from the Council

If you are worried about your housing situation or think you might be at risk of losing your home, contact the Council as soon as possible via our online [Housing Assistance Referral Portal](#) (see our Housing Advice and Homelessness Support pages at www.north-herts.gov.uk) or you can call us on 01462 474000.

We will offer you advice and assistance to help you stay in your home or to help you find alternative accommodation. If you are homeless and eligible for assistance and we think that you are vulnerable due to your mental illness, we will have a legal duty to provide you with settled accommodation.

There is also a small amount of supported accommodation in North Herts for those with a diagnosed mental health condition and who need help to live independently. The Council can refer you to this accommodation and you will then be assessed to determine if the accommodation is suitable for your needs. Please note that there may be a waiting list for accommodation.