

KOOTH[®].com

FREE ONLINE ADVICE FOR YOUNG PEOPLE



01992 531917



YC Hertfordshire.org





youthtalk.org.uk



Hertfordshire Partnership NHS
University NHS Foundation Trust

For advice and telephone support from
a mental health professional out-of-hours

01438 843322
Mental Health Helpline

call between 5.00pm and 09.00am
24 hours on weekends and bank holidays
www.hpft.nhs.uk

YOUNGMINDS



Charity
Partner

text YM to 85258 for free 24/7 support

**Children have a right to
be cared for and protected
and protecting them is
everyone's responsibility**

If you know of a child who is being
neglected or abused – it's simple...

**Recognise,
Respond and Refer**

Report it now to Children's Services,
on **0300 123 4043**

Safeguarding Children



HERTFORDSHIRE
safeguardingchildren
NHS.uk



Do you want to talk about...

Problems with friends
or family?

Alcohol or smoking?

Feeling sad or angry?

Bullying?

Relationships?

Changes to your body?

Text your School Nurse:
07480 635050