

Looking after your mental health and wellbeing through winter (Adults)

Winter can be difficult for many of us. Darker nights and a drop in temperature can be hard on our mental health and wellbeing. The impact of the costs of living are causing emotional strain for many people who might be worrying about their families, their health, jobs, and finances. It is normal to feel anxious, and if you're worried about the effects on your mental health, **you are not alone**. The following organisations are delivering services to support you to look after your mental health and wellbeing through winter.

You can self-refer to most of these services without needing to see your GP or a mental health professional. Please visit the websites or give them a call to find out more.

Herts Mind Network deliver services for adults aged 18 and over. This includes peer support, community support, crisis support and services, domestic abuse services, complex needs services, dementia and carers support. More information can be found at www.hertsmindnetwork.org Email info@hertsmindnetwork.org or call [0203 727 3600](tel:02037273600).

Mind in Mid-Herts In person and online mental health courses and workshops, social groups, exercise groups including football and walking, psychological therapies, 1-1 calls, LGBTQ+ and male/female groups as well as vocational support. To access any of their services contact them on [03303 208100](tel:03303208100), email admin@mindinmidherts.org.uk or visit the website: www.mindinmidherts.org.uk

Hertfordshire Partnership Foundation Trust (HPFT) Wellbeing Service support for adults experiencing common mental health problems i.e., depression and anxiety. The service offers free access to digital video and telephone based talking therapies. Info and self-referral wellbeingservice/hertfordshire

Rethink Mental Illness offers a befriending service to adults with a mental difficulty in East Herts and carers support across the whole of Hertfordshire. Contact rethinkcompanions@rethink.org, jonathan.clack@rethink.org or call [07760615342](tel:07760615342)

Guideposts SW Herts – Support for adults with complex and enduring mental health and social care needs, offering 1:1, group, and peer support. Also, carers support for unpaid carers of people living with a mental health condition. To access services, call 01923 223 554 or email HS@guideposts.org.uk. www.guideposts.org.uk/hertfordshire

Support for adults with Autism

Autism Hertfordshire provides support to people with Autism, parents, carers and professionals. There is a helpline open Monday to Friday, 9am – 5pm, you can reach this on [01727 743246](tel:01727743246) or email enquiries@autismherts.org. Autism Hertfordshire is also able to provide support with: Pre and Post Diagnosis Support, Transitions support, adult skills development course and workshops, carers support, social activities.

Support for refugees and asylum seekers

Flourish provide advice, information, onward referral and holistic support to refugees and asylum seekers who are experiencing mental ill health or need support with their mental wellbeing. Please visit [Flourish – Refugee Service – Hertfordshire Mind Network \(hertsmindnetwork.org\)](http://Flourish-RefugeeService-HertfordshireMindNetwork(hertsmindnetwork.org)), or phone [020 3727 3600](tel:02037273600).

Dementia and older people

If you are concerned that you or a loved one are developing memory problems, your GP can make a referral to Hertfordshire's Early Memory Diagnostic and Support Service (EMDASS). There is a range of information and ideas to support people with symptoms of dementia through Hertswise and Alzheimer's Society. For more information you can still talk to Herts Help on [0300 123 4044](tel:03001234044) or email info@hertshelp.net

InTouch is a countywide emotional support line for older people, open Monday to Friday 9am – 4:30pm. Telephone either 01992 630623 or 01992 634964, email InTouch@ageukherts.org.uk

Support for unpaid carers

Carers in Hertfordshire provides information, advice and support to unpaid family and friend carers - people looking after someone who is elderly, disabled, has a physical or mental illness or who misuses drugs or alcohol. The charity supports carers of all ages – children and adults – who live, work or care in Hertfordshire. They can be contacted on [01992 58 69 69](tel:01992586969) or by emailing contact@carersinherts.org.uk and there are resources on their website www.carersinherts.org.uk

Drug and Alcohol services

You can contact **Spectrum, Change Grow Live (CGL)** Drug and Alcohol Recovery Services by phone on [0800 652 3169](tel:08006523169) (0900-1700 Monday and Saturday, 0900-1900 Tuesday to Friday) or emailing Herts@cgl.org.uk. For more information visit the website on <https://www.changegrowlive.org/spectrum-hertfordshire-drug-alcohol-services>

For a range of **self-help options**, information and Brief Advice training, support and where to get help, please visit Health in Herts <https://www.hertfordshire.gov.uk/services/health-in-herts/drugs-and-alcohol.aspx>

Domestic Abuse

If you are experiencing domestic abuse or worried about someone else who might be you can contact Hertfordshire **Domestic Abuse Helpline: 08 088 088 088** (freephone Mon-Fri 9am-9pm, Sat/Sun 9am-4pm) confidential email Kim@mailpurple.org, or visit the website for more information: www.hertssunflower.org

Bereavement

Cruse Bereavement Care Hertfordshire offer support for bereaved people via a telephone helpline. [01707 278389](tel:01707278389) Monday to Friday from 9am to 5pm. For helpful resources see the [Cruse website](#)

Apps / National websites

There are several apps and national websites to support your mental health and wellbeing.

Togetherall online 24/7 peer-to-peer mental health community clinically moderated, for residents of Hertfordshire aged 16+ and feeling anxious, low or depressed visit <https://togetherall.com/en-gb>

Samaritans – Telephone 116 123 , <https://www.samaritans.org/>

Shout – free, confidential, 24/7 text messaging service for anyone who is struggling to cope. Text 85258.

Sane - out of hours helpline Tel: [0300 304 7000](tel:03003047000) from 4.30pm - 10.30pm every day

NHS Mental Health apps library: www.nhs.uk/apps-library/mental-health/

Stay Alive App is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. The app is available for both android and iOS.

If you are experiencing mental health crisis - this means that emotions, thoughts and behaviours risk harm to self or others

If you need help urgently but it's not an emergency

- Anyone experiencing mental health distress can call the **Nightlight Crisis Helpline** for emotional support. Helpline call [01923 256391](tel:01923256391). From 7pm – 1am, 7 days a week, 365 days a year. Email nightlight@hertsmindnetwork.org
- Call NHS [111](tel:111) and select [Option 2](#) – they can tell you where to get help

Call 999 if:

- you or someone you know needs help in an **emergency**
- you have seriously **harmed yourself** – for example, by taking a drug overdose