

## Looking after your mental health and wellbeing through winter

Winter can be difficult for many of us, darker nights and a drop in temperature can be hard on our mental health and the rising costs of living are causing emotional strain for many people who might be worrying about their families, their health, jobs and finances. It's 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 well-being 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 peer support, community support, domestic abuse services, complex needs services, dementia and carers support. Plus, a range of online services and Wellbeing Courses. More information can be found at [www.hertsmindnetwork.org](http://www.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. Live daily mindfulness sessions. To access any of their services contact them on [03303 208100](tel:03303208100), email [admin@mindinmidherts.org.uk](mailto:admin@mindinmidherts.org.uk) or visit the website: [www.mindinmidherts.org.uk](http://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 & self-referral [wellbeing.service/hertfordshire](http://wellbeing.service/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](mailto:rethinkcompanions@rethink.org), [jonathan.clack@rethink.org](mailto:jonathan.clack@rethink.org) or call [07760615342](tel:07760615342)

**Guideposts Watford** offers support with mental health problems, disability, or caring responsibilities. Group and social activities, physical activities, 1:1 support and crisis management, courses, outreach support, peer support, Carers support.info at [www.guideposts.org.uk/hertfordshire-services/](http://www.guideposts.org.uk/hertfordshire-services/) or call [01923 223 554](tel:01923223554).

### **Support for autistic adults**

Autism Hertfordshire provides support to autistic people, parents, carers and professionals. There is a helpline open Monday to Friday, 9am – 5pm, you can reach us on [01727 743246](tel:01727743246) or email [enquiries@autismherts.org](mailto: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 – Refugee Service – Hertfordshire Mind Network (hertsmindnetwork.org)), or phone [020 3727 3600](tel:02037273600).

### **Dementia**

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](http://Hertswise) and [Alzheimer's Society](http://Alzheimer's Society). Or call 01707 378365 For more information you can still talk to [Herts Help](http://Herts Help) on [0300 123 4044](tel:03001234044).

**InTouch** is a countywide emotional support line for older people, open Monday to Friday 9am – 4:30pm. Tel: 01992 629 358 or 01992 634 964 or 07538 954 189 Email: [InTouch@ageukherts.org.uk](mailto:InTouch@ageukherts.org.uk)

## Support for unpaid carers

**Carers in Hertfordshire** provide information, advice and support to any carer who lives, works or cares in Hertfordshire. They can be contacted on [01992 586969](tel:01992586969) or by email on [contact@carersinherts.org.uk](mailto:contact@carersinherts.org.uk). There are also resources on [their website](#).

## 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 Mon & Sat, 0900-1900 Tuesday to Friday) or emailing [Herts@cgl.org.uk](mailto: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](tel:08088088088) (freephone Mon-Fri 9am-9pm, Sat/Sun 9am-4pm) or visit the website for more information: [www.hertssunflower.org](http://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>

**Mind** - [www.mind.org.uk](http://www.mind.org.uk)

**Samaritans** - <https://www.samaritans.org/>

**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/](http://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.

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**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 **Crisis Helpline** for emotional support and signposting. Helpline call [01923 256391](tel:01923256391). From 7pm – 1am, 7 days a week, 365 days a year.
- 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