

Our Children & Young People Services

www.withyouth.org



 mind Hertfordshire Network

Counselling

New counselling provision for 5-19 year olds across Hertfordshire

CYP can receive online or in person counseling, either 1:1 or in groups

Referral is through our website

WithYouth

Digital wellbeing and mental health support – 1:1, groups, Lumi Nova and instant messaging available 2pm-10pm Mon-Fri

Online groups for 7-12 year olds & 13+ year olds

Herts Haven Café - Ware

In person wellbeing and mental health support for 10-19 year olds, operating from our HMN Wellbeing Centre in Ware, every Wednesday 3:30-6:30pm.

No referral needed – Drop in

Future Youth

Mentoring support in **North & East Herts** for 10-19 year olds for up to 6 months

Referral is through our website

****Up to 19th birthday***



Counselling Service

For Children & Young
People in Hertfordshire

About the service

If you're aged 5-18, and registered with a Hertfordshire GP, our free counselling service is here for you. We offer one-to-one and group sessions, available both in person and online. We'll work with you during an initial appointment to decide what's best for you.

How can counselling help?

We're here to support children and young people who need early help with their mental health.

Counselling can help with:

- Anxiety
- Depression
- Relationship problems (family, friends, or peers)
- Difficult or traumatic events
- Living with a disability or medical condition
- Big life changes
- Questions about identity
- Managing difficult feelings
- Low confidence or self-esteem
- Body image concerns and eating difficulties
- Ongoing worries

What is counselling

Counselling offers a safe, confidential space where you can talk about anything on your mind.

Our counsellors will:

- Listen without judgment
- Help you understand your thoughts and feelings
- Support you at your own pace

You're in control—our goal is to empower you because you are the expert on your own life.

How to refer

Scan the QR code or use the contact details below to access our free counselling service or learn more.



You're not alone - support is just a message away.

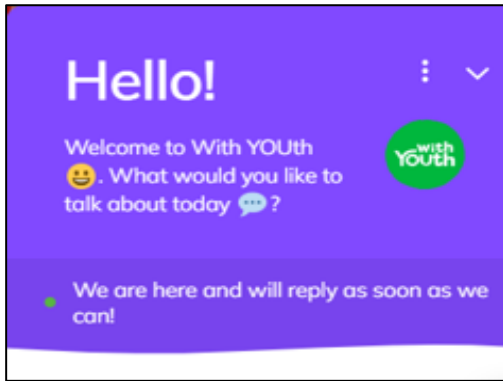
Group counselling

- Available online and in person
- Groups can be open (join anytime) or closed (run for a set number of weeks)
- Age-specific groups of up to 8 participants
- Confidential and supportive environment
- Sessions run at the same time each week

One-to-one counselling

- Available online, at our Wellbeing Centres, community venues, or schools
- Sessions last 45-50 minutes
- Up to 14 sessions, tailored to your needs
- Regular reviews to adjust your support as needed

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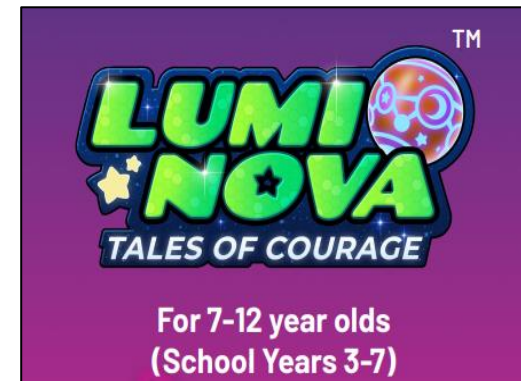
Instant Messaging

- Open **2pm-10pm** every day
- You are speaking to a real person from the WithYOUTH team!
- Response in **under a minute**
- **Instantly accessible** mental health support *at your fingertips*
www.withyouth.org



Downloadable Resources

- Over **100 resources** covering a range of wellbeing topics
- Content suitable for children, young people and parents/professionals
- **Free** and **easy to download**
- So far over **7000** resources have been downloaded!



Lumi Nova

- Therapeutic gaming app for **7-12 year old's**
- **Facilitates conversations** between parent and young person
- Uses exposure therapy to **build resilience** and **manage anxiety**
- **Free** and **instantly accessible** after sign up



Helpline

- Open 2pm-10pm every day
- Available for young people or parents/professional advice or queries
- Real time support from one of our team.
- Call **0208 189 8400 (Option 2)**

WithYOUTH Online Group Support

Road to Year 7

A welcoming space just for Year 6 students getting ready for secondary school.

Thursdays
5pm - 6pm

The Calm Club

A supportive group for young people aged 15 and up who want to understand and manage anxiety. It's a safe space where you can talk, listen, and learn without any pressure.

Mondays
7pm - 8pm

Anger Avengers

Anger Avengers is a friendly group for children aged 7-12 who want to understand their anger and learn healthy ways to deal with it.

Tuesdays
5pm - 6pm

Creative Minds

A fun drop-in space where you can use art, games, music, and writing to explore your feelings and express yourself.

Wednesdays
5pm - 6pm



Scan me

Lumi Nova

An easygoing group for children and young people who play the Lumi Nova gaming app.

Mondays
5pm - 6pm



Empowering children to self-manage their worries

NICE recommended first line treatment option

CE marked Medical Device Class 1

Co-developed with young people, families, educators, clinicians & academics





Herts Haven Café

A free drop-in space for children and young people to get support for their emotional wellbeing. Open to any young person between the ages of 10 and 18.

No referral needed!

Wednesdays 3:30pm - 6:30pm

The Wellbeing Centre, The
Warehouse 14, New Road,
Ware, Hertfordshire, SG12 7BS



T: 0208 189 8400
W: www.withyouth.org

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Charity no. 1112487

Emotional support is a key focus of our café. Our team is trained to provide empathy, acknowledgment, and a safe space for young people to express their emotions. Through open and caring conversations, we aim to create a sense of belonging and connection.

Practical help may include guidance on coping strategies, stress management techniques, and problem-solving skills. Our workers have the knowledge and resources to provide relevant information and tools to help young people navigate their mental health challenges. The café will also provide a safe space to access digital support including [The Sandbox](#), and [Lumi Nova](#), as well as talk through alternative services.

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Future YOUth Mentoring

1:1 mentoring support available to young people aged **10-19** living in East and North Hertfordshire that are experiencing mental health problems.

Mentoring delivered **face-to-face** in the community for a period of up to 6 months, depending on the needs and goals of the young person.

Our approach is flexible and centres around **practical and emotional support** that empowers young people to overcome barriers they are currently facing.

Please email
cyp@hertsmindnetwork.org for
more info

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Children & Young People Workshops

Spot the Signs & Emotional Wellbeing is a fully-funded programme offering training and workshops to children and young people, parents/carers and professionals.

We also have a select menu of targeted training sessions and workshops that can be delivered to staff, children and young people and their parents/carers at a cost.

Contact us to discuss your training needs, or head to our website by scanning the QR codes overleaf.

"I loved everything. It was very fun and helped a lot!" (KS3 student)

"Engaging, informative & educational!" (Professional, Spot the Signs session)



Free Training

- Spot the Signs – Youth Suicide Prevention
- Feelings and Emotions (for KS1/Under 8's)
- 5 Ways to Wellbeing (For KS2)
- Introduction to Mental Health
- Emotional Wellbeing and Coping Strategies
- Body Image and Self-Esteem
- Managing Exam Stress
- Transitions (Years 7, 11, 12 & 13)



Scan here to find out more about our free training

Costed Training

- Understanding Anxiety in Children and Young People (Professionals only)
- Understanding Self-Harm in Children and Young People - non-clinical perspective (Professionals only)
- Understanding Eating Disorders in Children and Young People (Professionals only)
- Understanding Anxiety and Building Resilience (Also available for CYP)
- Using Creativity for Promoting Wellbeing (Available for CYP)



Scan here to find out more about our costed training

E: cyp@hertsmindnetwork.org T: 0208 189 8400

Charity Number: 1112487

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