

## Mental & Physical Health, Well-being & Leisure

### Mental Health & Counseling Services

Agency Name (with link to website)	E-mail Address Contact	Phone Number
<b><u><a href="#">ADD-vance</a></u></b> (ADHD/ASD/Aspergers)	<a href="mailto:Herts@add-vance.org">Herts@add-vance.org</a>	01727 833963
Training & Consultancy for professionals Coaching for parents in the home, by phone or Skype Support and helpline People can self-refer to this service  Age Range: <b>parents of children aged 6 to 14</b> Cost: <b>FREE</b>		
<b><u><a href="#">B-eat</a></u></b> : Beating Eating Disorders	<a href="mailto:info@b-eat.co.uk">info@b-eat.co.uk</a>	0845 634 1414 Youthline: 0845 634 7650
Advice for families and sufferers of eating disorders  Age Range: <b>everyone</b> Cost: <b>FREE</b>		
<b><u><a href="#">Challenging Behaviour Psychology Service</a></u></b>		01727 891100
Psychology service to children and young people who have a global learning disability, and/or an autistic spectrum disorder who present with significant challenging behaviour Wide range of approaches / psychological models within clinic, home, respite & school  Age Range: <b>up to 19</b> Cost: <b>FREE</b>		
<b><u><a href="#">Child and Adolescent Mental Health Service</a></u></b> (CAMHS)		01438 845253
Advice, Assessment and Treatment on Emotional, Behavioural and / or Mental Health problems that require specialist support Referral via GP or other professional  Age Range: <b>up to 18</b> Cost: <b>FREE</b>		
<b><u><a href="#">Community Mental Health Services</a></u></b> (CMHT)		01923 698000
Community Based Assessment and Treatment Service for people suffering Mental Health problems		

Referral via GP or other professional / Self-referral through duty section		
Age Range: <b>18 - 65</b> Cost: <b>FREE</b>		
<b><u>Crime Reduction Initiatives</u></b> (CRI)	<a href="mailto:Herts@cri.org.uk">Herts@cri.org.uk</a>	out of hours 0800 652 3169
<p>Counselling for drug / alcohol users  Alternative Therapies for drug / alcohol users  Confidential Help, Support and Advice for partners, family &amp; friends of drug / alcohol users  Outreach Services from the 'Step-Up Learning &amp; Wellbeing Centre', South Oxhey  Accept referrals from GPs and other partner agencies  A member of the public can also drop in, phone or email us for help and advice</p>		
Age Range: <b>18+</b> Cost: <b>FREE</b>		
<b><u>Cruse Bereavement Care</u></b>	<a href="mailto:helpline@cruse.org.uk">helpline@cruse.org.uk</a>	01707 278389
<p>National telephone helpline  Friendship groups</p>		
Age Range: <b>adults with some support for children &amp; young people</b> Cost: <b>FREE</b>		
<b><u>Guidepost Trust</u></b>	<a href="mailto:guideposts.ware@guidepoststrust.org.uk">guideposts.ware@guidepoststrust.org.uk</a>	01920 484946
<p>Supporting adults with learning difficulties and people with mental health issues  Mental Health Support  Outreach Service  Carers Support  Befriending Scheme</p>		
Age Range: <b>everyone</b> Cost: <b>FREE</b>		
<b><u>Hertfordshire Action on Disability</u></b>		01707 324581
<p>Counselling Service  Other therapies</p>		
Age Range: <b>everyone</b> Cost: <b>varying</b>		
<b><u>Herts Mind Network</u></b>	<a href="mailto:info@hertsmindnetwork.org">info@hertsmindnetwork.org</a>	08444 772212
<p>Counselling  Groups / Courses  Personal Development  Vocation Advice  Peer Support  Cares' Services  Young People's Services</p>		

Older People's Services		
Age Range: 18+ Cost: : mostly FREE		
<b>Herts MIND Network @ Maple Cross Club Counselling Sessions</b>	<a href="mailto:info@hertsmindnetwork.org">info@hertsmindnetwork.org</a>	0208 4286725
Weekly Counselling sessions for adults at the Club Contact MIND to find out more information		
Age Range: 18+ Cost: FREE		
<b><u>One Herts One Family</u></b>	<a href="mailto:staylor@wdp-drugs.org.uk">staylor@wdp-drugs.org.uk</a>	01462 442442
Support to families with multiple and complex needs, which might range from substance use, domestic violence, mental health or finances 1:1 practical support for parents, therapeutic play for children, family therapy, couples work and individual counselling		
Age Range: <b>families of all ages</b> Cost: <b>FREE</b>		
<b><u>RELATE</u></b> Dacorum, Watford & Three Rivers	<a href="mailto:admin@relatewatford.org">admin@relatewatford.org</a>	01923 241803
Relationship Counselling Family Counselling Psychosexual Counselling		
Age Range: <b>16+ for registration / booking appointments (however please note that all members of a family can take part in Family Counselling)</b> Cost: <b>You will normally be expected to make a payment toward the cost of sessions however no-one is refused counselling if they are genuinely unable to pay</b>		
<b><u>Saneline</u></b>		0845 767 8000
National out-of-hours telephone helpline offering emotional support and information for people affected by mental health problems		
Age Range: <b>everyone</b> Cost: <b>FREE</b>		
<b>Signpost @ Maple Cross Club Counselling Sessions</b>	<a href="mailto:signpostcounsellingagency@gmail.com">signpostcounsellingagency@gmail.com</a>	01923 239495
Counselling sessions for young people at the Club every Wednesday, 4 to 6pm Contact Signpost to find out more information or refer a young person		
Age Range: <b>11-25</b> Cost: <b>FREE</b>		
<b><u>Signpost</u></b> (Watford)	<a href="mailto:signpostcounsellingagency@gmail.com">signpostcounsellingagency@gmail.com</a>	01923 239495
Counselling Group Work		

Telephone Support		
Age Range: 11-25 Cost: <b>FREE to clients, some charges for parents and professionals</b>		
<b><u>STEP-UP Learning and Well-being Centre</u></b> South Oxhey	<a href="mailto:info@hertsmindnetwork.org">info@hertsmindnetwork.org</a>	08444 77 22 12 (Option 4)
Drop-in Mental Health Support Counselling Education and Training Peer Mentoring Support Groups Volunteer Opportunities & Vocational Advice		
Age Range: 16+ Cost: <b>Mostly Free</b>		
<b><u>The Core Trust</u></b>	<a href="mailto:info@coretrust.org">info@coretrust.org</a>	01438 312055
Family Therapy Sessions Child Therapy: 1-2-1 for Older Children Couples Therapy Parenting 1-2-1 Play Therapy / Coaching		
Age Range: <b>any (provided they are a member of a family)</b> Cost: <b>FREE</b>		
<b><u>Watford Women's Centre</u></b>	<a href="mailto:general@watfordwomenscentre.org.uk">general@watfordwomenscentre.org.uk</a>	01923 816 229
Counselling Group Courses		
Age Range: 16+ Cost: <b>mostly FREE</b>		