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The services below provide a combination of early intervention and more specialist support for children and young people's mental health. Click the service name to be redirected to more information.



-  Telephone service
-  Online/virtual service
-  Face to face service
-  Referral required
-  Includes support for early years (age 0-5)

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|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Chathealth 0-5    | PALMS    |
| Chathealth 11-19    | Safe Space     |
| Children's Crisis Assessment and Treatment Team    | School Nurses and Duty Line      |
| Children's Wellbeing Practitioners     | Services for Young People    |
| CHUMS Bereavement Support    | Signpost Creative Therapies (5-19)      |
| Educational Psychologists   | Single Point Access (SPA)       |
| Families First    | Specialist CAMHS     |
| First Steps ED     | Spectrum Family and Young People's Service     |
| Health for Kids   | Step 2    |
| Health for Teens   | The Sandbox     |
| Herts Haven Cafés      | The Toolbox (Neurodiverse)     |
| Herts Mind Network Counselling (5-19)      | Togetherall   |
| Just Talk   | WithYOUth       |
| Lumi Nova     | Young Minds Parent Helpline   |
| Mental Health Support Teams in Schools (MHSTs)     | |
| NHS Talking Therapies      | |

-  Reaching developmental and emotional milestones, learning healthy social skills and how to cope when there are problems. Mentally healthy children have a positive quality of life and can function well at home, in school, and in their communities.
-  Difficulties with normal life problems, poor self confidence, low self esteem, low aspirations, difficult family relationships, poor peer relationships, experimental substance misuse, bereavement, poor concentration, difficulty sustaining relationships, some worries, low mood.
-  Many worries, high levels of anxiety, persistent low mood, body image concerns, behaviour puts peers at risk, persistent or high risk substance misuse, risk taking behaviour, unable to display empathy, difficulty coping with anger or frustration, bereavement by suicide/suspected suicide, withdrawn or unwilling to engage, disruptive or challenging behaviour, unable to maintain peer relationships (bullying, bullied or aggression etc).
-  Mental health problems which are:
 - Persistent, complex and severe
 - Present in all environments (home, school, with peers)
 - Beyond a normal response to life's problems
-  Deliberate self harm requiring hospital treatment, suicidal ideation with imminent plan and means, psychotic episode (hearing unexpected voices, unrealistic or racing thoughts not related to physical or substance misuse), intentional overdosing, persistent inability to engage with services or support offered, risk taking behaviour with no underlying mental health disorder, unresponsive to treatment and continuing to decline.