

# Signposting Health and Well-Being Services across the Hertfordshire and West Essex Integrated Care Board

General	Mental Health	Emotional, Spiritual, Financial	Bespoke
<p><b>Samaritans</b> Operates 24 hours a day, 365 days a year. Phone: 116 123 Website: <a href="http://www.samaritans.org">www.samaritans.org</a></p> <p><b>Healthy Minds</b> Crisis line: 0330 726 0110 Website: <a href="https://www.northessexiapt.nhs.uk/west-essex">https://www.northessexiapt.nhs.uk/west-essex</a></p> <p><b>Mind</b> Phone: <b>01371 876 641</b> Website: <a href="https://www.mindinwestessex.org.uk/">https://www.mindinwestessex.org.uk/</a></p> <p><b>Shiny Mind</b> Website: <a href="https://shinymind.co.uk/">https://shinymind.co.uk/</a></p> <p><b>Here for You</b> Operates 24 hours a day, 365 days a year. Phone: 0344 257 3960 Email: <a href="mailto:hereforyou@nhs.net">hereforyou@nhs.net</a> Website: <a href="https://www.hereforyou.info/resources">https://www.hereforyou.info/resources</a></p> <p><b>Employee Assistance Programme (EAP)</b> Available 24 hours a day, 365 days a year. Phone: 0800 783 2808</p> <p><b>My Health My Way</b> Website: <a href="http://www.myhealthmyway.info">www.myhealthmyway.info</a></p> <p><b>CAVELL Grant</b> Website: <a href="http://cavellnursestrust.org">cavellnursestrust.org</a></p> <p style="text-align: center;"><b><u>Useful YouTube Videos</u></b></p> <p>InTouch briefing: Back to better - psychological support and the Here for you service.</p> <p>Back to better - Supporting your wellbeing with Harri Paddan.</p> <p>InTouch briefing: Back to better - Compassionate leadership session.</p> <p>Back to better - Civility saves lives.</p> <p>Back to better: Menopause support App.</p> <p>Back to better: Compassionate leadership with Professor Michael West, CBE.</p> <p>Back to better - Compassionate leadership with Dr Amanda Super.</p> <p>Dyslexia <a href="https://www.bdadyslexia.org.uk/">https://www.bdadyslexia.org.uk/</a></p> <p>Royal National Institute of Blind People (RNIB) <a href="https://www.rnib.org.uk/">https://www.rnib.org.uk/</a></p> <p>LGBTQ+ mental health Services <a href="https://mindout.org.uk/">https://mindout.org.uk/</a></p> <p>Men's Advice Line <a href="https://mensadvice.org.uk/">https://mensadvice.org.uk/</a></p> <p>Carers Trust <a href="https://carers.org/">https://carers.org/</a></p> <p>Women's Aid <a href="https://www.womensaid.org.uk/">https://www.womensaid.org.uk/</a></p> <p>Forced Marriages <a href="https://karmanirvana.org.uk/">https://karmanirvana.org.uk/</a></p>	<p><b>Student Minds</b> <a href="http://www.studentminds.org.uk">www.studentminds.org.uk</a></p> <p><b>Mental Health First Aiders</b> Princess Alexandra Hospital - 01279 827015</p> <p><b>Therapy for you</b> Provides free online CBT-psychoeducational courses delivered by NHS therapists. Treatment is delivered through a series of video sessions that you can complete anywhere at any time. Website: <a href="http://www.therapyforyou.co.uk">www.therapyforyou.co.uk</a></p> <p><b>Togetherall</b> Online peer-to-peer mental health community that empowers individuals to anonymously seek and provide support 24/7. Sign Up Via: <a href="http://www.togetherall.com">www.togetherall.com</a></p> <p><b>SilverCloud</b> An online cognitive behavioural therapy (CBT) resource offering a range of programmes on mental health, wellbeing, and long-term conditions. Website: <a href="http://www.silvercloudhealth.com">www.silvercloudhealth.com</a></p> <p><b>Shout</b> A free 24/7 text service, for anyone in crisis anytime, anywhere. Text: SHOUT to 85258.</p> <p style="text-align: center;"><b><u>Mental Health Apps</u></b></p> <ul style="list-style-type: none"> <li>• Headspace</li> <li>• Sleepio</li> <li>• Daylight</li> <li>• Unmind</li> <li>• Every Mind Matters</li> </ul> <p style="text-align: center;"><b><u>Bespoke Mental Health Services</u></b></p> <p><b>University of Essex</b> Phone: 0800 970 5020 (outside UK: +44 141 271 7168) 24 hours a day, 7 days a week</p> <p><b>University of Hertfordshire</b> Counselling Service in Student Wellbeing on Phone: 01707 284453 or email: <a href="mailto:studentwellbeing@herts.ac.uk">studentwellbeing@herts.ac.uk</a></p> <p><b>Buckinghamshire New University Mental Health Team</b> Email: <a href="mailto:inclusion@bnu.ac.uk">inclusion@bnu.ac.uk</a></p> <p style="text-align: center;"><b><u>Student Unions</u></b></p> <p>Anglia Ruskin University There are also lots of activities running for you to participate in. You can find details on our Students' Union site <a href="https://arul.ink/SUwhatson">https://arul.ink/SUwhatson</a></p> <p><b>Buckinghamshire New University Student Union</b> Email: <a href="mailto:union@bnu.ac.uk">union@bnu.ac.uk</a></p> <p style="text-align: center;"><b><u>Student Induction Support</u></b></p> <p><b>West Hertfordshire Hospital Trust</b> - Spiritual and Pastoral Care team are part of the student induction. Email: <a href="mailto:westherts.wellbeing@nhs.net">westherts.wellbeing@nhs.net</a></p>	<p style="text-align: center;"><b><u>Spiritual Support</u></b></p> <p><b>West Hertfordshire Hospital Trust</b> <a href="mailto:westherts.spiritualcare@nhs.net">westherts.spiritualcare@nhs.net</a></p> <p><b>Buckinghamshire New University</b> Email: <a href="mailto:students@bnu.ac.uk">students@bnu.ac.uk</a></p> <p style="text-align: center;"><b><u>Carers Support</u></b></p> <p><b>West Hertfordshire Hospital Trust</b> <a href="mailto:westherts.carersupportteam@nhs.net">westherts.carersupportteam@nhs.net</a></p> <p style="text-align: center;"><b><u>Other</u></b></p> <p><b>Money Helper</b> Provides free, independent information and support to improve people's financial wellbeing. This service brings together the support of three government-backed financial guidance providers: the money service, the Pensions Advisory Service and Pension Wise. Website: <a href="http://www.moneyhelper.org.uk">www.moneyhelper.org.uk</a></p> <p><b>ICS Long COVID and Menopause Support Service</b> A service directed to staff members who are experiencing symptoms of Long COVID and Menopause. As this is overseen by HCT, we provide the leaflet and details of how to get in contact, should staff be interested. <a href="http://www.headspace.com/covid-19">www.headspace.com/covid-19</a></p> <p><b>Bereavement Support Line Hertfordshire Partnership University Trust</b> - A confidential bereavement support line, operated by Hospice UK and free to access from 8:00am – 8:00pm, seven days a week. Phone: 0300 303 4434</p> <p><b>COVID-19 Staff Hub at West Hertfordshire Hospital Trust</b> Phone: 01923 217342 (7.30am – 5.30pm) Email: <a href="mailto:westherts.covid19@nhs.net">westherts.covid19@nhs.net</a></p> <p><b>Watford General Hospital - The Essential Hub</b> -provides food and other essential items on Tuesday, Thursday and Saturday from 11am-2pm. <a href="http://www.raisevestherts.org.uk">www.raisevestherts.org.uk</a></p> <p style="text-align: center;"><b><u>Interview Support</u></b></p> <p><b>Hertfordshire Partnership University Trust</b> – Mock Interview via their Intranet.</p> <p><b>University of Hertfordshire</b> – Personal Tutors / Academic Assessor details accessed via students Placement on the Web. Financial Bridging fund via <a href="mailto:practice.placements@herts.ac.uk">practice.placements@herts.ac.uk</a></p>	<p style="text-align: center;"><b><u>Support and Well-Being Services</u></b></p> <p><b>Health Education England</b> Student hub   Health Education England (<a href="http://hee.nhs.uk">hee.nhs.uk</a>)</p> <p><b>University of Hertfordshire</b> Phone: 01707 284453 Email: <a href="mailto:studentwellbeing@herts.ac.uk">studentwellbeing@herts.ac.uk</a></p> <p><b>Buckinghamshire New University – Safeguarding Team</b> <a href="mailto:safeguarding@bnu.ac.uk">safeguarding@bnu.ac.uk</a></p> <p><b>Buckinghamshire New University – Wellbeing Team</b> Email: <a href="mailto:students@bnu.ac.uk">students@bnu.ac.uk</a></p> <p><b>Anglia Ruskin University</b> Website: <a href="https://arul.ink/healthwellbeing">https://arul.ink/healthwellbeing</a>. Emergency Contact Website: <a href="https://arul.ink/hwemergency">https://arul.ink/hwemergency</a> Email: <a href="mailto:wellbeing@anglia.ac.uk">wellbeing@anglia.ac.uk</a> Phone: 01245 686700</p> <p><b>University of Essex</b> Email: <a href="mailto:wellbeing@essex.ac.uk">wellbeing@essex.ac.uk</a> Phone: 01206 8731333 - wellbeing drop-in sessions at the Student Support desk on the 1st floor of the Silberrad Student Centre, Colchester Campus, Monday-Friday, 10am-4pm - Student Wellbeing and Inclusivity Service (SWIS) <a href="http://www.essex.ac.uk/student/advice-and-support">www.essex.ac.uk/student/advice-and-support</a></p> <p><b>East and North Hertfordshire Trust</b> Email: <a href="mailto:staffwellbeing.enh-tr@nhs.net">staffwellbeing.enh-tr@nhs.net</a> Number: 01438 286745</p> <p><b>Hertfordshire Partnership University Trust</b> Email: <a href="mailto:Hpf.thehealthhub@nhs.net">Hpf.thehealthhub@nhs.net</a> <b>Staff Health and Wellbeing Lead:</b> Sarah Milligan Email: <a href="mailto:sarah.milligan1@nhs.net">sarah.milligan1@nhs.net</a> Phone: 07879 677529</p> <p><b>West Hertfordshire Hospital Trust</b> Email: <a href="mailto:westherts.wellbeing@nhs.net">westherts.wellbeing@nhs.net</a> Essential Hub: <a href="http://www.raisevestherts.org.uk/essentials-hub/">www.raisevestherts.org.uk/essentials-hub/</a> Pastoral Education Links (PELS)</p> <p><b>Primary Care</b> <a href="http://www.hwetraininghub.org.uk/health-and-wellbeing/national-primary-care-support-and-resources">www.hwetraininghub.org.uk/health-and-wellbeing/national-primary-care-support-and-resources</a></p> <p><b>Hertfordshire County Council</b> <a href="https://www.hertfordshire.gov.uk/services/Health-in-Herts/Happiness-wellbeing-and-mental-health.aspx">https://www.hertfordshire.gov.uk/services/Health-in-Herts/Happiness-wellbeing-and-mental-health.aspx</a></p> <p><b>Essex County Council</b> Website: <a href="http://wellbeing@essex.gov.uk">wellbeing@essex.gov.uk</a></p> <p style="text-align: center;"><b><u>Occupational Services</u></b></p> <p><b>Hertfordshire Community Trust / East and North Hertfordshire Trust</b> Mobile: <b>01438 286514</b> (Mon-Fri 08:00-16:30) Email <a href="mailto:Healthatwork.enh-tr@nhs.net">Healthatwork.enh-tr@nhs.net</a></p> <p><b>West Hertfordshire Hospital Trust</b> Email: <a href="mailto:westherts.occupationalhealth@nhs.net">westherts.occupationalhealth@nhs.net</a></p> <p style="text-align: center;"><b><u>Student Space</u></b></p> <p><b>University of Hertfordshire</b> - Consists of phone support, webchat support, text message support and email support. Telephone: 01707 285022 or email: <a href="mailto:advice@hertfordshire.su">advice@hertfordshire.su</a></p>