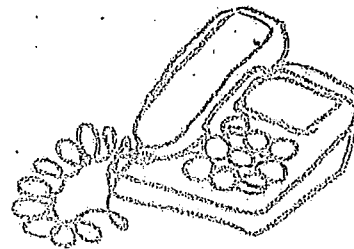


# Do you need support now?

If you are feeling distressed or have concerns for your wellbeing and need to talk to someone, contact your GP or call any of these numbers:



**NHS Single Point of Access (SPA): 0300 777 0707:** For people to access NHS mental health support and services. Lines are open 8am to 7pm.

**NHS Herts Mental Health Out-of-Hours Helpline: 01438 843322:** Available from 5pm to 9am on weekdays and around the clock at weekends and bank holidays.

**NHS Wellbeing Team:** To make a self referral or find out more about the service, visit [www.talkwellbeing.co.uk](http://www.talkwellbeing.co.uk). To request a self referral form be sent to you via post, please call 0300 777 0707.

**Hertfordshire NightLight: 01923 256391:** Telephone line open 7pm to 1am; face to face crisis support 7pm to 2 am. Friday to Monday.

**Samaritans: 116 123:** Lines open 24 hours a day. Calls are free.

**Saneline: 0300 304 7000:** Open every day 4.30pm to 10.30pm.

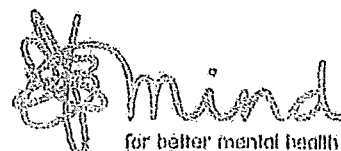
**Mindline Trans+ National Helpline: 0300 330 5450** National helpline for people who identify as Trans, non-binary & their friends and families. Open every Monday and Friday 8pm-Midnight

**NHS 111 Service:** For non-emergency medical help, open 24 hours every day. Calls are free. In emergencies only, call 999.

If you are currently under a Mental Health Team and need support, contact the Duty Worker during normal working hours, 9am—5pm Monday to Friday:

Borehamwood & Potters Bar Mental Health Team	0208 731 3000
Bishops Stortford Mental Health Team	01279 454 800
Cheshunt Mental Health Team	01992 818 600
Dacorum Mental Health Team	01442 913 569
Letchworth Mental Health Team	01462 438 139
Watford & Three Rivers Mental Health Team	01923 837 000
Ware Mental Health Team	01920 443 900

For further information or to book an appointment, call 02037 273600 or email [info@hertsmindnetwork.org](mailto:info@hertsmindnetwork.org)



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