

Our CYP Services

0208 189 8400 | cyp@hertsmindnetwork.org | www.withyouth.org



withYouth

YOUNG PEOPLE'S Digital Wellbeing Services

- 5-18 year olds, parent/carers and professionals
- Early help for CYP mental health and emotional wellbeing problems
- Instant messaging, online 1:1 support sessions, online groups, a CBT-informed therapeutic gaming app and digital resources



Every Day
(excluding Bank Holidays)

2pm – 10pm

0208 189 8400

www.withyouth.org

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With Youth Referral Form

Please complete this form if you would like to access our services and we will contact you to discuss next steps. Please provide as much information as possible.

Your Details

Name *

<input type="text"/>	<input type="text"/>
First	Last

Preferred pronoun

Main Phone

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Main Phone	Mobile	Email *	Date of Birth *

Address *

<input type="text"/>	<input type="text"/>
Address Line 1	Address Line 2



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



A fun digital therapeutic intervention via a mobile game app to tackle anxiety

Targeted at 7-12 year olds* (not in crisis)

**may also be suitable for some older neurodivergent CYP alongside professional support to ensure reasonable adjustments are made*

- Facilitates graded exposures & psycho-ed
- NICE recommended first line treatment option
- Builds resilience & ability to self manage
- Development was funded by NHS England
- **Available in Hertfordshire via With YOuth in partnership with Herts Mind Network**





**Herts
Haven
Café**

For 10 - 18 year olds

**A safe, welcoming space, with
professional workers to support you
with your wellbeing when you need it.**

No referral needed. Just drop in!



**Every Wednesday
3.30pm - 6.30pm
The Wellbeing Centre, New Road, Ware**



Scan here for more information!

Future YOuth Mentoring Service

1:1 mentoring support available to young people aged **12-18** living in **East and North Hertfordshire** that are experiencing mental health problems.

Our mentoring is 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 information



Online Groups

7 - 12 year olds Group (Tuesdays at 6pm)

13+ Group (Wednesdays at 7pm)

Topics

- **Understanding emotions**
- **Friendships & Relationships**
- **Coping strategies**
- **Self-harm & 5 Ways to Wellbeing**
- **Abuse & exploitation**
- **Changes**
- **Bullying**
- **How to cope at school**
- **Homelife**
- **Identity**
- **Building confidence & self-esteem**

The groups will be running on an 8 week block basis with a capacity of 10/15 young people.

For more information, please email withyouth@hertsmindnetwork.org or call us on **0208 189 8400**



WithYOUth Online Group Support

with
Youth

Road to Year 7

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

Thursdays
5pm - 6pm

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

Living with Anxiety

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.

Wednesdays
7pm - 8pm

Creative Minds

A fun drop-in space for 7-14 year olds where you can use art, games, music, and writing to explore your feelings and express yourself.

Wednesdays
5pm - 6pm



Scan me



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.

E: cypcounselling@hertsmindnetwork.org

T: 0208 189 8400 (Option 1)

Charity Number: 1112487

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

 **Hertsmind**
Hertfordshire
Network

Last printed: Mar 2025



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

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