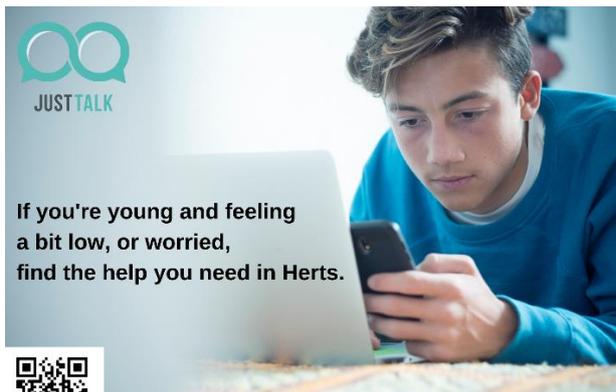


## Mental Health Support for Hertfordshire's Children and Young People



  
JUST TALK

If you're young and feeling a bit low, or worried, find the help you need in Herts.



[www.hertfordshire.gov.uk/mentalhealthsupportforhertsyoungeople](http://www.hertfordshire.gov.uk/mentalhealthsupportforhertsyoungeople)



  
TALK

Find advice and help if your child is feeling low, anxious or generally struggling



[www.justtalkherts.org](http://www.justtalkherts.org)

If your child or teenager is feeling low, anxious, or generally struggling, there are lots of services available to help them all year round. Please always encourage them to talk and ask for help if they need it.

The services listed on Just Talk's webpage are all free and don't need a professional referral, so they can be contacted directly by young people and/or their parents/carers. Services listed include Hertfordshire's new With YOUth Digital Wellbeing Service for ages 5-18, parents and carers and many more, so please take a look: [www.hertfordshire.gov.uk/mentalhealthsupportforhertsyoungeople](http://www.hertfordshire.gov.uk/mentalhealthsupportforhertsyoungeople)