






East Herts

MENTAL HEALTH SUPPORT: WHERE TO FIND HELP

Locally:

Herts Mind Network - Ware

	02037 273600 (option 3)
	Wellbeing Centre, The Warehouse, 14 New Road SG12 7BS. Monday, Wednesday, Thursday and Friday: 9am to 5pm. Tuesday: 11.30am to 7.30pm.
	info@hertfordshiremind.org

Mind in Mid Herts - Hertford

	01992 584387
	1st Floor, The Hinds Room, The Seed Warehouse, The Wash, SG14 1PX. Tuesday, Wednesday, and Thursday: 10am to 4pm.
	admin@mindinmidherts.org.uk

Nationally:

Anxiety UK - For those affected by anxiety, stress, and anxiety based depression.



03444 775 774 (Monday to Friday 9.30am to 5.30pm)



www.anxietyuk.org.uk

Mind - Here to make sure no one has to face a mental health problem alone.



0300 123 3393 (Monday to Friday 9am to 6pm)



www.mind.org.uk

Rethink Mental Illness - Supports people to get through crises, to live independently and to realise they are not alone.



0300 5000 927 (Monday to Friday 9.30am to 4pm)



www.rethink.org

SANEline - Offers specialist mental health emotional support.



0300 304 7000 (Every day 4.30pm to 10.30pm)



www.sane.org.uk

No Panic - For people (and their carers) experiencing anxiety and related disorders.



0844 967 4848 (Every day 10am to 10pm)



www.nopanic.org.uk

Some of these organisations may charge for your call