



Headstrong  
2023-24





<https://www.justtalkherts.org/news-and-campaigns/just-talk-week-2023.aspx>

This week is Just Talk week which is all about bringing mental health and well-being services for young people together in order to help everyone to understand how to look after our well-being.

Use the website link above to explore the Just Talk website.

As a form can you find out the answers to the questions on the next slide?

## Questions...

1. What are the 5 ways to well-being?
2. Can you find out the names of at least 2 organisations which aim to support mental health and well-being in Hertfordshire?
3. What is the Just Talk vision?
4. Why is talking about our well-being so important?

## FOR INFORMATION

[www.healthforteens.co.uk](http://www.healthforteens.co.uk)

For teens - website covers a range of health topics

[www.healthforkids.co.uk](http://www.healthforkids.co.uk)

For primary schools aged children – website covers a range of health topics

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

Hertfordshire information and advice for young people

[www.youngminds.org.uk](http://www.youngminds.org.uk)

National information and advice for young people

[www.healthyyoungmindsinherts.org.uk](http://www.healthyyoungmindsinherts.org.uk)

Contains mental health information and details of where to get support in Hertfordshire

## FOR SUPPORT

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

Hertfordshire Mind Network's Digital Wellbeing Service for 5-18s, parents, carers and professionals

[sandbox.mindler.co.uk](http://sandbox.mindler.co.uk)

Mental health support for 10-25 year olds

**Chat Health:** Secondary school aged pupils can text any health questions to a Hertfordshire based Public Health Nurse on 07480 635050 (Monday to Friday 9am - 5pm)

[www.childline.org.uk](http://www.childline.org.uk)

Chat with a counsellor online or over the phone: 0800 1111 (24 hours)

[www.themix.org.uk](http://www.themix.org.uk)

National support for young people under 25

**Samaritans** is a free 24/7 emotional support service available to people of all ages. Call 116123 or email [jo@samaritans.org](mailto:jo@samaritans.org)