

## **Holiday Period 2022/23**

### **Crisis support:**

#### **Samaritans**

Open 24hrs a day 7 days a week

<https://www.samaritans.org/>

116 123 (free phonenumber)

[jo@samaritans.org](mailto:jo@samaritans.org)

#### **Hertfordshire Nightlight**

Hertfordshire based, countywide crisis service offering support to people out of hours.

<https://www.hertsmindnetwork.org/services-for-adults/crisis-support/nightlight-crisis-helpline/>

#### **Our opening hours**

To contact the helpline please call us on **01923 256391**

We are open from **7pm – 1am**, 7 days a week, 365 days a year.

**Mon: 7pm to 1am**

**Tue: 7pm to 1am**

**Wed: 7pm to 1am**

**Thu: 7pm to 1am**

**Fri: 7pm to 1am**

**Sat: 7pm to 1am**

**Sun: 7pm to 1am**

Calls will be charged at your standard local rate.

#### **Hertfordshire Partnership University Foundation Trust Mental Health Services**

#### **HPFT Single Point of Access Out of Hours Mental Health Helpline**

<https://www.hpft.nhs.uk/contact-us/out-of-hours-helpline/>

**0800 6444 101**

Herts residents of all ages, including service users, carers, GPs and other professionals can contact our 24/7 Single Point of Access (SPA) Mental Health Helpline team at any hour of the day or night, 365 days a year. The team can provide

advice and support for Herts residents who are experiencing a mental health crisis, need some mental health support or just want to talk on:

### NHS 111

- NHS 111 and select option '2' for mental health services

### CALM

National mental health charity supporting **men** open 5pm – midnight every day.

<https://www.thecalmzone.net/>

0800 58 58 58

Webchat also available 5pm – midnight. Click the webchat box on the top right of website to begin a chat with someone at CALM.

### Papyrus

Crisis service for young people up to 35 years old open 9am – midnight every day.

<https://www.papyrus-uk.org/>

Phone: 0800 068 4141

Text: 07860 039967

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

### Combat Stress

Mental health charity supporting current and former military personnel open 24hrs a day every day.

<https://combatstress.org.uk/>

0800 138 1619

Text: 07537 173683

Email: [helpline@combatstress.org.uk](mailto:helpline@combatstress.org.uk)

Self help guides: [selfhelp.combatstress.org.uk](http://selfhelp.combatstress.org.uk)

### **General Support & Chat**

#### Silverline

Free information, advice and friendship for older people open 24 hrs every day.

<https://www.thesilverline.org.uk/>

0800 470 8090

### **Virtual Company**

#### **#Joinin Virtual Tweetup**

Comedian, Sarah Millican, runs a Christmas Day Tweetup on Twitter where people can use #joinin hashtag to join in and connect with others who are alone on Christmas Day.

### **IRC Village**

Worldwide internet chat community for people with a lived experience of mental ill health.

<https://theircvillageblog.wordpress.com/>

### **Harts in Mind**

UK based service in Hatfield running Mental Health & Art Projects. Online activities available through Zoom. To see their events calendar visit:

<https://www.hartsinmind.co.uk/>

### **Side by Side Project**

Online community run by National Mental Health Charity, Mind. Formally known as Elefriends.

[https://sidebyside.mind.org.uk/?\\_ga=2.36545512.954343500.1605696795-2056002697.1594892604](https://sidebyside.mind.org.uk/?_ga=2.36545512.954343500.1605696795-2056002697.1594892604)

### **Spiritual Services**

#### **St Albans Cathedral**

See the Cathedrals programme of activities available online over holiday period

<https://www.stalbanscathedral.org/whats-online-christmas>

St Mary's Church, Hitchin

Services are also being livestreamed from St Mary's via their YouTube channel:

<https://www.youtube.com/channel/UC0JJ6EPrOIUybuFe3mJvFzg>

For more info on what St Mary's are offering visit here:

<https://www.stmaryshitchin.co.uk/>

Christ Church, Ware

Livestream Sunday services here at 10.30am:

<https://www.christchurchware.co.uk/live-stream.html>

Previous services: <https://www.christchurchware.co.uk/resources-204220.html>

Bhaktivedanta Manor

Programme of events available online:

<http://manor.media/home/>

### Sikh Temple in Watford

Livestreams accessible from the Temple's YouTube page:

<https://www.youtube.com/@DGNSounds/featured>

To find out more about what's available visit their website:

<https://www.sgsswatford.org/>

### Watford Mosque Association

Livestream of Friday prayers:

<https://www.watfordmosque.org.uk/livestream>

### Radlett Reform Synagogue

Livestream of services available here:

<https://www.radlettreform.org.uk/live>

To find out more about what's available visit their website:

<https://www.radlettreform.org.uk/>

### Pagan Gatherings and groups

For information and links to local group social media pages visit:

<https://pagan-village.co.uk/east-england.html#Hertfordshire>

### Amaravati Buddhist Monastery

Livestreams and videos on the monasteries YouTube page:

<https://www.youtube.com/c/amaravatibuddhistmonastery>

To find out more about the monastery visit here:

<https://www.amaravati.org/>

### Hertford Buddhist Meditation Group

Runs Tuesday evenings on Zoom 7.30pm - 9.30pm. To find out more and register visit:

<https://hertfordbuddhistgroup.co.uk/>

## Meditation and Mindfulness Resources

### Meditation Changes Lives

<https://www.meditationchangeslives.com/>

Visit <https://www.meditationchangeslives.com/upcoming-events> for their full list of online guided meditation sessions.

### Free Mindfulness

An online collection of free activities and resources to help practice mindfulness

<http://www.freemindfulness.org/>

To find all their free resources visit: <https://www.freemindfulness.org/download>

### Relaxing Sounds

#### Birdsong FM

<http://birdsong.fm/>

#### Raining FM

<https://raining.fm/>

#### Purring Cat Sounds

<https://purrl.com/>

#### Ambient Sounds Mixer

Create your own relaxing soundscape or listen to one created by others

<https://www.ambient-mixer.com/>

#### Christmas theme soundscapes

<https://christmas.ambient-mixer.com/>

## **Other activities**

### Free online collection of audiobooks

<https://librivox.org/>

### Royal Institution Science Lectures

<https://www.rigb.org/christmas-lectures/watch>

### Mindfulness Bodyscan Colouring Page

<https://www.essentiallifekills.org/resources/Mindfulness%20Colouring%20Body%20Scan.pdf>

Playing Cards and other games to play with others online

<https://playingcards.io/>