

## **Mental Health Task Group**

### **List of organisations for survey – appendix 1**

#### **1. South West Hertfordshire Samaritans**

South West Hertfordshire Samaritans is a volunteer charity seeking to ensure fewer people die by suicide. They are based at 45 St John's Road, Watford.

#### **2. Guideposts Trust**

Operates multiple services in Gloucestershire, Oxfordshire, Hertfordshire and Essex for people with additional needs. The Trust provides a community-based support approach for people with mental health and learning disabilities. Guideposts Henry Smith House is at 3-5 Estcourt Road, Watford.

#### **3. Signpost**

Signpost offers young people a safe and supportive listening environment where they can engage in free, confidential therapeutic services, which respond to their needs. Signpost is based at Watford Advice Centre, St Mary's Churchyard in Watford.

#### **4. Mind, Hertfordshire Network**

Mind delivers essential mental health support in Hertfordshire, providing a range of services from seven centres across all ten districts of the county. Funded locally, services are available to all residents in Hertfordshire over the age of 18 – there is also a dedicated services for 15-18 year olds. In Watford, The Wellbeing Centre is located at 501 St Albans Road.

#### **5. The Living Room**

The Living Room is an addiction recovery charity, founded in 2000. In Hertfordshire there are centres in Stevenage, St Albans and Watford (at the Meriden Community Hub). The Living Room offers free, day-time, group counselling, peer support and workshop therapies.

#### **6. New Hope**

New Hope exists to serve individuals who are homeless or vulnerably-housed through the provision of accommodation and opportunities to transform lives. New Hope supports people by providing practical support such as food, shelter, clothing, health care and training as well as building relationships, listening and caring. New Hope is based at 67 Queens Road, Watford.

#### **7. Youth Connexions**

Youth Connexions Hertfordshire provides a free and confidential service for young people. Trained staff and counsellors offer the opportunity to sit down and discuss a wide range of topics confidentially and in private. Youth Connexions is based at the Watford Young People's Centre, 206-210 Lower High Street, Watford.