

## Support in Dacorum

**Autism Helpline** 10am – 3pm, Monday to Friday - 0808 800 4104 or via online contact form  
<https://www.autism.org.uk/enquiry>

**ADD-vance Helpdesk** is open from 9am to 1pm every weekday via 07716 744 662 or email to  
[herts@add-vance.org](mailto:herts@add-vance.org) Website - [www.add-vance.org](http://www.add-vance.org) Facebook – [www.add-vance.org/parents/](http://www.add-vance.org/parents/)

**Hertfordshire Local Offer** - The Local offer lets parents and young people know what special education needs and disabilities services are available in Hertfordshire and who can access them.

<https://www.hertfordshire.gov.uk/microsites/Local-Offer/The-Hertfordshire-Local-Offer.aspx>

**Herts Help** - a network of community organisations in Hertfordshire working together. We're here to listen and help you find independent support, guidance and information you need to get the most out of life. Call us on 0300 123 4044 or email [info@hertshelp.net](mailto:info@hertshelp.net)

**Hertfordshire SENDIASS** is an impartial Special Educational Needs and Disability Information, Advice and Support Service (SENDIASS). Contact SENDIASS on: [sendiass@hertfordshire.gov.uk](mailto:sendiass@hertfordshire.gov.uk) or 01992 555 847

**Families First Hertfordshire** for services that work together to support families who need extra help. These are also known as early help services.

<https://www.hertfordshire.gov.uk/microsites/families-first/families-first.aspx>

**Hertfordshire Mind** - Available to provide emotional support 24 hours a day, every day of the week. To contact the helpline please call 01923 256391.

**Hertfordshire Wellbeing Service** offers free, confidential talking therapy and practical support for people 16+ experiencing a wide range of common emotional difficulties such as, anxiety, worry, low mood, depression and stress. <http://talkwellbeing.co.uk/>

**Healthy Young Minds in Herts** - Wellbeing advice and tools for young people, parents and carers.  
<https://www.healthyyoungmindsinherts.org.uk/>

**Just Talk Herts** – Mental Health support and advice for young people. [www.justtalkherts.org](http://www.justtalkherts.org)

**Family Lives** – Parenting and Family support Helpline 0808 800 2222

**Foodbanks** - <https://dacorum.foodbank.org.uk/get-help>

**Domestic Abuse Help** - [www.gov.uk/guidance/domestic-abuse-how-to-get-help](http://www.gov.uk/guidance/domestic-abuse-how-to-get-help)

**Hertfordshire County Council Children's Services** - 0300 123 4043

**Samaritans** - 116 123

**ChildLine** - 0800 1111