Happiness and Wellbeing

Being mentally healthy doesn’t just mean that you don’t have a mental health problem. If you’re in good mental health, you can:

- make the most of your potential
- cope with life
- play a full part in your family, workplace, community and among friends.

Some people call mental health ‘emotional health’ or ‘wellbeing’ and it’s just as important as good physical health.

Number 10 Health and Wellbeing Centre

‘Number 10’ is run by Herts Mind Network. It aims to empower people with mental health or substance misuse issues, giving them the opportunity to develop their skills, build self-confidence and move forward into training, further their education or get into paid employment.

Examples of events, activities and workshops that have been held include; Employment training and advice, Counselling sessions, Community engagement, Anxiety Management and Lifestyle sessions. For more information you can call 02037 273600 or you can visit Number 10 at Leeming Road, Borehamwood, WD6 4DU.

Herts Mind Network now have a Community Support Service which provides advice, information, onward referral and holistic support to people who are experiencing mental ill-health and drug/alcohol difficulties. The service can also provide support to people who have a history of offending and those who have been a victim of crime.

The service is flexible and will help you to resolve real-life difficulties and to improve your own independence, quality of life and wellbeing. The areas of support will be built around your needs, to help you with the goals that are most important to you. The Community Support Worker can help you to access other services, groups and activities.

Hertfordshire Adult Mental Health Strategy

The Health and Wellbeing board has released the Hertfordshire Adult Mental Health Strategy. The strategy provides an overview of the actions Hertfordshire has taken over the last four years to improve mental and health service provision. The aims have also been set out for the next five years (2016-2021). The Brief objectives for the adult mental health strategy are as follows:

- Listening and responding to service users and carers
- Early and fair access to diagnosis, treatment and support
- Valuing Mental and physical health equally
- Preventing and responding to Crisis
- From Recovery to Independence

A summary of the strategy can be found on the Hertfordshire County Council website along with an easy read version too.

Herts Inclusive Theatre

Herts Inclusive Theatre (HIT) offer a vibrant programme of theatre activities, creative projects and exciting performance opportunities for people of all ages and abilities. HIT’s weekly drama workshops are designed to engage, stimulate and spark the imagination, whilst at the same time offering a safe and welcoming environment to learn new skills, make new friends and have fun.
HIT are running a project based on Brazilian culture this year with funding from the Public Health Fund. Separate courses are being held for both children and young people in Borehamwood.

For more information or to secure a place, please contact admin@hit-theatre.org.uk

**Kooth online support for 11 to 25-year-olds**

Children and young people in Hertfordshire can now get free online emotional and mental health support using a website called [Kooth.com](http://kooth.com). Kooth’s counsellors and therapists are available until 10pm, 365 days a year to help 11 to 25-year-olds with lots of different problems, including family problems, eating disorders, loneliness, bullying, anxiety and depression.

Key priorities are to:

- Focus on prevention and early intervention to give children and young people good emotional and wellbeing support
- Improve access for children and young people to psychological therapies
- Bring together education and mental health services for children and young people with joint training
- Develop community eating disorder services
- Improve perinatal care, particularly for mums-to-be and new mothers, as there is a strong link between parental (particularly maternal) mental health and children’s mental health

For help or support, visit the [Kooth website](http://kooth.com).

**One You**

Without knowing it, by the time we reach our 40s and 50s many of us will have dramatically increased our chances of becoming ill later in life. Whether we are eating the wrong things, drinking more than we should, continuing to smoke despite everything we know, or just not being active enough, all of these small things can add up to an unhealthy you.

Making better choices today can have a huge influence on our health, and could prevent diseases such as type 2 diabetes, cancer and heart disease, and reduce our risk of suffering a stroke or living with dementia, disability and frailty in later life. But it's not easy in our busy lives and modern life is ganging up on us.

One You will help you get back to a healthier you, supporting you to make simple changes towards a longer and happier life. One You provides tools, support and encouragement every step of the way, to help improve your health right away.

Take the free [One You health quiz](http://oneyouhealthquiz.com) to see how you score and start the fight back to a healthier you. For more information visit the [One You website](http://oneyou.org.uk).

**SignPost Counselling**

[SignPost Counselling](http://signpostcounselling.org.uk) offer counselling in a way that meets the needs of young people as defined by themselves. Their services are:

- Self-referral only: appointments can only be booked by the client themselves (except 11 to 13 year-olds whose parents can book appointments for them)
- Free to the client
- Completely confidential; they will not share anything without a client's permission or unless they are legally required to do so
- Provided in discrete, private locations in the community
- Driven by the clients themselves, not their parents or a professional
- Delivered by fully professional staff who have current CRB checks.

For more information, please call SignPost on 01923 239495 or contact them through [their website](http://signpostcounselling.org.uk).