

Results Day 2024

If you are feeling sad, stressed or overwhelmed after receiving your results, or are worried about a friend, here is a list of services in Hertfordshire that can provide support. Reach out – help is at hand.

In School

Speak to a trusted member of staff, this could be your **form tutor, head of year mental health lead or pastoral support**. They will be able to offer guidance and advice for your mental wellbeing. If you are unsure of who to speak to, ask reception.

Apps

- **Headspace:** a meditation app that acts as a personal guide to health and happiness
- **Superbetter:** Helps build resilience - the ability to stay strong, motivated and optimistic even in the face of difficult obstacles
- **Calm Harm:** An app that helps young people manage the urge to self-harm

Other Places to get Support

- **ChildLine:** Offer free, confidential counselling to under 19's through their helpline and webchat. Tel: 0800 1111. www.childline.org.uk
- **Sandbox:** Digital Mental Health Support. [The Sandbox | Digital Mental Health Service \(mindler.co.uk\)](http://The Sandbox | Digital Mental Health Service (mindler.co.uk))
- **National Careers Service:** provides free information, advice and guidance to help you make decisions on learning, training and work opportunities. The service offers confidential, helpful and impartial advice, supported by qualified careers advisers. 0800 100 900.
- **Papyrus:** Prevention of Young Suicide Offers support through their helpline (HOPElineUK) to anyone under 35 years that is having thoughts of suicide. They also offer advice if you are concerned for a friend, and how to support them. The helpline is open Mon – Fri 10am-10pm, Sat – Sun 2pm – 10pm. Tel: 0800 068 4141. Text: 07786 209 697 www.papyrus-uk.org
- **Single Point of Access (SPA):** HPFT's SPA can put you in touch with the relevant NHS mental health service. If you call them they will help to direct you to the service most suited to your needs Tel: 0800 6444 101
- **UCAS:** Are running an exam results helpline. Ask all of your questions and get advice on qualifications, appeals, gap years, moving away, vocational learning routes, employment, and much more. Just call 0800 100 900
- **Young Minds:** Provides information about all things mental health; from medication to coping strategies www.youngminds.org.uk. They have a free 24/7 text messaging service, which you can access by texting YM to 85258

If a young person is in crisis, you should call 0800 6444 101. If a young person has taken an overdose or requires urgent medical treatment, they should attend A&E. You can call 111 for advice and direction regarding physical symptoms and guidance on whether to attend A&E.