

# withYouth

Young People's Digital Wellbeing Services

## Instant Messaging Service



**Every day from 2pm-10pm  
(excluding Bank Holidays)**

 **mind** Hertfordshire Network

**If you are between the  
ages of 5-18, message  
us to get support with  
any mental health  
concern.**

**To reach out to us:**

Scan the QR code, and  
click the chat icon on  
the page to start  
speaking with one of  
our team.

The icon will only  
appear on the page  
when we are open.

**T: 0208 189 8400**