

Online mental health support for children and young people-The Sandbox

Kooth's service for children and young people in Hertfordshire is came to an end on 31 March 2023. We'd now like to tell you about the new service available to children and young people in Hertfordshire ages 10-25, from 1 April 2023.

The Sandbox is a free NHS funded service offering a website, with access to games, worksheets, group chats and online events. It provides access to internet enabled Cognitive Behavioural Therapy (iCBT), or one to one support from professional therapists by text, phone, online chat or video call, based on a triage of the young person's needs: [The Sandbox: Online Mental Health Support for Children and Young People](#)

You can find further information about The Sandbox and other mental health/emotional wellbeing support services that don't need a professional referral here: [Mental Health Support for Hertfordshire's Children and Young People \(justtalkherts.org\)](#)



This information and the links to the services are also available on our website <https://lea-pri.herts.sch.uk/health-wellbeing/parent-support/>