



# **CHANGES TO SERVICES AT CHRISTMAS**

**Mental Health Forum**

# CARERS IN HERTFORDSHIRE

TEL:01992 586969

- Christmas Eve – **Closed**
- Christmas Day- **Closed**
- Boxing Day - **Closed**
- December 27th – 9:00am to 4:30pm
- December 28th – **Closed**
- December 29th – **Closed**
- December 30th – 9:30am to 5:00pm
- New Years Eve – 9:30am to 5:00pm
- New Years Day- **Closed**



# NIGHTLIGHT (MIND)

TEL: 01923 256391

- **Currently being reviewed**
- Friday, Saturday, Sunday and Monday nights from 7pm-2am, every week of the year.
- Telephone Helpline
- 3 Crisis Centres in Watford, Hemel Hempstead and Ware
- 4 beds based in Hemel Hempstead (all overnight stays end 8am the next day)



# SPA (SINGLE POINT OF ACCESS-HPFT)

TEL: 0300 777 0707

(USUALLY 8AM TO 7PM MONDAY TO FRIDAY)

- Christmas Eve – 8:00am- 7:00pm
- Christmas Day – **Closed (re-directed to helpline)**
- Boxing Day – **Closed (re-directed to helpline)**
- December 27th – 8:00am- 7:00pm
- December 28th – **Closed (re-directed to helpline)**
- December 29th – **Closed (re-directed to helpline)**
- December 30th – 8:00am- 7:00pm
- New Years Eve – 8:00am- 7:00pm
- New Years Day- **Closed (re-directed to helpline)**



# OUT OF HOURS HELPLINE- HPFT

TEL: 01438 843322

- Christmas Eve – 5:00pm-
- Christmas Day- Around the Clock
- Boxing Day – Around the Clock
- December 27th – 5:00pm-
- December 28th – Around the Clock
- December 29th – Around the Clock
- December 30th – 5:00pm- 9:00am
- New Years Eve – 5:00pm-
- New Years Day- Around the Clock



# GP SURGERIES

*(Check your GP surgery for their opening hours)*

- Christmas Eve – Normal Opening Hours
- **Christmas Day - Closed**
- **Boxing Day – Closed**
- December 27th – Normal Opening Hours
- **December 28th – Closed**
- **December 29th – Closed**
- December 30th – Normal Opening Hours
- New Years Eve – Normal Opening Hours
- **New Years Day- Closed**

However there may be limited appointments through the extended access service....



# GP SURGERIES

The Extended Access Service make appointments with GPs available at more times including evenings, weekends and bank holidays (including Christmas Day, Boxing Day and New Years Day).

- Contact your GP surgery to make an appointment or for more information
- Appointment availability will vary depending on the GP surgery
- Evening appointments are usually between 6:30pm-8:00pm
- There is no guarantee that you will see your own GP, you may be seen by a practise nurse or a physiotherapist, depending on your health concern.



# 24 HOUR EMERGENCY/ CRISIS SUPPORT

- Emergency Services 999
- NHS (urgent medical help/ advice) 111
- Police (non-emergency) 101
- Samaritans 116 123

