



The Sandbox is an NHS-Funded service to support children and young people in Hertfordshire with their mental health and wellbeing. This new free NHS Funded services launches on the 1st April 2023 and offers a website, with access to games, worksheets, group chats and online events for children, young people, their parents/carers, teachers and other professionals. The Sandbox 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.

- Website will provide 24/7 access
- Therapy Sessions: 7am-10pm Mondays-Fridays and 10am-10pm Saturdays and Sundays
- Live Chat: 10am-8pm Mondays-Fridays

Signing up to the service is easy and doesn't require a referral from a professional.

[You can visit their website here for more information:](#)

Introductory Zoom Sessions

These zoom sessions for professionals to hear a little more about the new service will be available to book on:

- Tuesday 28th March 8am-9am
- Tuesday 4th April 12pm-1pm
- Thursday 20th April 4pm-5pm

To secure your place on a session, [please book here.](#)

As well as joining a session yourself, please could you cascade this information to your colleagues who are working with Hertfordshire's children, young people, parents and carers.



Mrs K Jackson.