



The Sandbox is an NHS funded service to support children and young people in Hertfordshire with their mental health and well-being.

This new free service launches on **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 also 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: 24/7
- Therapy sessions: 7am-10pm Mondays-Fridays and 10am-10pm Saturdays and Sundays
- Live Chat: 10am-8pm Mondays-Friday

You can access The Sandbox by typing the following URL into your internet browser:

<https://sandbox.mindler.co.uk/>