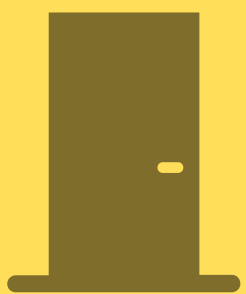


HOW YOU FEEL MATTERS. GETTING HELP IN BEDFORDSHIRE



0 - 18 CAMHS SINGLE POINT OF ENTRY
A CAMHS clinician will respond to enquiries relating to accessing CAMHS, as well as CHUMS. They can also provide self-help resources and psychoeducation. For enquiries, please call 0 1234 893362



Information ?

YOUNGMINDS
Mental health charity with a wide range of resources and information
<https://youngminds.org.uk/>

CHAT HEALTH
Service for young people to confidentially ask for help on a range of issues.
Talk to a school nurse <https://chathealth.nhs.uk/> **TEXT: 07507 331 450**

SCHOOL NURSES
Providing support on a range of issues, 1-1 virtually or in school.
www.cambscommunityservices.nhs.uk/BedsSchoolNursingService
TEL: 0300 555 0606

EARLY HELP (BEDFORD BOROUGH)
The Local Offer holds a wide range of information regarding services and support available, including early help support
<https://localoffer.bedford.gov.uk/kb5/bedford/directory/home.page>
TEL: 01234 718 700

EARLY HELP (CENTRAL BEDFORDSHIRE)
www.centralbedfordshire.gov.uk
The HUB Email: AccessReferral@centralbedfordshire.gov.uk
The HUB Tel : 0300 300 8585 Out of Office Hours: 0300 3008123

+ Getting Help

KOOTH
Your online mental wellbeing community
Access free, safe and anonymous support. www.kooth.com

TALK TO YOUR SCHOOL MENTAL HEALTH LEAD OR COUNSELLOR

TALK TO YOUR GP

VOLUNTARY SECTOR COUNSELLING FOR YOUNG PEOPLE
Bedford Open Door www.bedfordopendoor.org.uk : **01234 360 388**
Sorted www.sortedbedfordshire.org.uk : **01582 891 435**
Relate www.relate.org.uk : **01234 356 350**

CHUMS
Mental Health and Emotional Wellbeing
Service for Children and Young People
www.chums.uk.com **TEL: 01525 863924**

Urgent Support !

YOUNGMINDS Crisis Messenger
<https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/>

OR Call 111 Option 2 - 24/7 ALL AGES
Young people can talk to a CAMHS professional directly who can arrange additional support.

**IN AN EMERGENCY,
DIAL 999**

= Need More Help

CAMHS - Emotional & Behavioural Team
For further information, please visit:

Bedford Borough:
https://camhs.elft.nhs.uk/service_detail.aspx?ID=201

Mid Bedfordshire:
https://camhs.elft.nhs.uk/service_detail.aspx?ID=189

Dunstable:
https://camhs.elft.nhs.uk/service_detail.aspx?ID=113

