

Emotional Wellbeing Support Bedford

Chathealth – School Nurse text support service for 11-19 year olds - Text 07507331450 to speak with a school nurse for any emotional support or health advice (Monday – Friday 9am – 4.30pm, except bank holidays).

Bedford Open Door -www.bedfordopendoor.org.uk : 01234 360 388

Childline (children's telephone counselling or online) – Ring 0800 1111 or visit their website www.childline.org.uk

Young Minds - If you are a young person experiencing a mental health crisis, you can text the YoungMinds Crisis Messenger for free, 24/7 support. Text YM to [85258](https://www.youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/).

Kooth Online free counselling service for children and young people www.kooth.com

Sorted www.sortedbedfordshire.org.uk : 01582 891 435

Samaritans - 24 hour confidential listening and support for anyone who needs it.
(Parents/carers included.)

Email - jo@samaritans.org

Phone 116 123 (24 hours)

Relate Relate www.relate.org.uk : 01234 356 350

If you are concerned about the immediate health or safety of a child you can contact

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

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

0 - 18 CAMHS SINGLE POINT OF ENTRY

A CAMHS clinician will respond and they can also provide self- help resources and psychoeducation. For enquiries, please call 01234 893362

More-Life - Weight management programme for children and families, information and self-referral form available via <https://www.more-life.co.uk/what-we-do/our-services/in-your-area/bedford/>

Referral to School Nurse Team