

HOW YOU FEELS MATTERS *(Feb 23)*

Getting help in Bedford Borough & Central Bedfordshire:

IT IS SO IMPORTANT TO TALK,

Try talking to school/college mental health support, counsellor, doctor, friend, family or a trusted adult. IF SOMEONE TALKS TO YOU, help them get help and get support yourself. See below how 😊

0 – 18 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 01234 893362

INFORMATION

YoungMinds

Mental health charity with a wide range of resources and information

<https://www.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 331450

SCHOOL NURSING SERVICE

Providing support on a range of issues, 1-1 virtually or in school

<https://www.cambscommunityservices.nhs.uk/Bedfordshire/services/school-nursing>

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/mentalhealthhub>

TEL: 01234 718 700

EARLY HELP (CENTRAL BEDFORDSHIRE)

https://www.centralbedfordshire.gov.uk/info/11/children_and_young_people/122/support_for_families

The HUB Email:

cs.accessandreferral@centralbedfordshire.gov.uk

The HUB Tel : 0300 300 8585 Out of Office Hours: 0300 3008123

GETTING HELP

SHOUT TEXTLINE:

Free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.– text **reflect** to 85258

BEDFORD OPEN DOOR:

www.bedfordopendoor.org.uk :01234 360388

SORTED:

www.sortedbedfordshire.org.uk : 01582 891435

RELATE:

www.relate.org.uk : 01234 356350

CHUMS:

Mental Health and Emotional Wellbeing Service for Children & Young People

<https://chums.uk.com/> TEL: 01525 863924

BEAT: national eating disorder charity and it has lots of resources available via its website:

<https://www.beateatingdisorders.org.uk/>

NEED MORE HELP

CAMHS - Emotional & Behavioural Team

For further information, please visit:

NORTH BEDFORD CAMHS:

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

SOUTH BEDFORD / LUTON CAMHS:

[CAMHS - Services - South Bedfordshire/Luton CAMHS](#)

URGENT SUPPORT

YOUNGMINDS Crisis Support Shout

<https://www.youngminds.org.uk/young-person/shout-85258/>
Shout offers free 24/7 text messaging support wherever you are in the UK. If you need to talk to someone about how you are feeling text 85258

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