

HOW YOU FEELS MATTERS: Getting help in Bedford Borough & Central Bedfordshire
IT IS SO IMPORTANT TO TALK, TRY TALKING TO: school mental health lead, councillor, doctor, friend, family,
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 NURSES

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

KOOTH

Your online mental wellbeing community Access free, safe and anonymous support

<https://www.kooth.com/>

VOLUNTARY SECTOR COUNSELLING FOR YOUNG PEOPLE:

Bedford Open Door

www.bedfordopendoor.org.uk Tel 01234 360388

Sorted

www.sortedbedfordshire.org.uk Tel 1582 891435

Relate

www.relate.org.uk Tel 01234 356350

CHUMS

Mental Health and Emotional Wellbeing Service for Children & Young People

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

Samaritans

<https://www.samaritans.org/> Tel 116 123

Childline

<https://www.childline.org.uk/> Tel 0800 1111

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