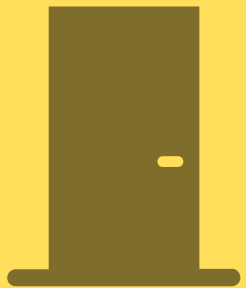


# HOW YOU FEEL MATTERS. GETTING HELP IN BEDFORDSHIRE



**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](http://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](http://www.centralbedfordshire.gov.uk)  
**The HUB Email: [AccessReferral@centralbedfordshire.gov.uk](mailto: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](http://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](http://www.bedfordopendoor.org.uk) : **01234 360 388**  
**Sorted** [www.sortedbedfordshire.org.uk](http://www.sortedbedfordshire.org.uk) : **01582 891 435**  
**Relate Relate** [www.relate.org.uk](http://www.relate.org.uk) : **01234 356 350**

**CHUMS**  
Mental Health and Emotional Wellbeing  
Service for Children and Young People  
[www.chums.uk.com](http://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](https://camhs.elft.nhs.uk/service_detail.aspx?ID=201)

**Mid Bedfordshire:**  
[https://camhs.elft.nhs.uk/service\\_detail.aspx?ID=189](https://camhs.elft.nhs.uk/service_detail.aspx?ID=189)

**Dunstable:**  
[https://camhs.elft.nhs.uk/service\\_detail.aspx?ID=113](https://camhs.elft.nhs.uk/service_detail.aspx?ID=113)