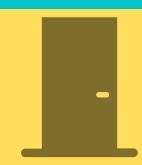
HOW YOU FEEL MATTERS. GETTING HELP IN BEDFORDSHIRE



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

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



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

CHUMS

Mental Health and Emotional Wellbeing Service for Children and Young People

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

