

**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](https://www.centralbedfordshire.gov.uk/info/11/children_and_young_people/122/support_for_families)

The HUB Email:

[cs.accessandreferral@centralbedfordshire.gov.uk](mailto: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](http://www.bedfordopendoor.org.uk) Tel 01234 360388

#### Sorted

[www.sortedbedfordshire.org.uk](http://www.sortedbedfordshire.org.uk) Tel 1582 891435

#### Relate

[www.relate.org.uk](http://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](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**