

HOW YOU FEEL MATTERS

Getting help in Bedford Borough **IT IS IMPORTANT TO TALK**

Talk to your school/college mental health support, a counsellor, doctor, friend, family or a trusted adult.

IF SOMEONE TALKS TO YOU: Help them get help and get support yourself if you need it.

Child And Adolescent Mental Health Service (CAMHS) (NHS) **ONE PLACE TO GET HELP**

A trained NHS mental health professional will respond to enquiries relating to getting help from the NHS child and young people mental health service, as well as the CHUMS mental health and emotional wellbeing service. They can also provide self-help resources on how to understand and self help your own mental health. For enquiries, please call 01234 893362

1: 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

3: NEED MORE HELP

CAMHS - Emotional & Behavioural Team

Provide assessments, support and treatment for children and young people up to the age of 18 for moderate to severe mental health problems.

For further information, please visit:

NORTH BEDFORDSHIRE CAMHS

<https://www.elft.nhs.uk/services/north-bedfordshire-camhs>

TEL: 01234 893301

SOUTH BEDFORDSHIRE / LUTON CAMHS

<https://www.elft.nhs.uk/camhs/where-we-work/south-bedfordshireluton-camhs>

TEL: 01525 638613

Young Persons Sanctuary –MIND BLMK

Young Person's Sanctuaries are safe, non-judgemental drop-in's that you can come to if you find yourself in crisis or mental distress in the evenings. You will be met by a trained youth mental health worker who will listen and help you identify ways to address the problems you are facing.

<https://www.mind-blmk.org.uk/how-we-can-help/crisis-support/young-persons-sanctuary-bedford/>

TEL: 0300 330 0648

2: GETTING HELP

REFLECT

Free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. <https://giveusashout.org/>

TEXT: REFLECT to 85258

BEDFORD OPEN DOOR

Free, confidential counselling for young people aged 13 to 25.

www.bedfordopendoor.org.uk

TEL: 01234 360388

SORTED

Free, confidential counselling for children and young people aged 5 to 25. www.sortedbedfordshire.org.uk

TEL: 01582 891435

RELATE

Free, confidential counselling for children, young people, couples and families. www.relate.org.uk

TEL: 01234 356350

CHUMS

Mental health and emotional wellbeing service for children and young people. <https://chums.uk.com/>

TEL: 01525 863924

BEAT

National eating disorder charity with lots of resources and support. <https://www.beateatingdisorders.org.uk/>

4: URGENT SUPPORT

Call 111 Option 2 - 24/7

A free helpline for people of all ages who need urgent mental health support. Young people can talk to a CAMHS professional directly who can arrange additional support.

IN AN EMERGENCY, DIAL 999