

# Where can I go if I need help or guidance?

## PASTORAL LEADERS – available during normal school hours



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## What other support is there?

### Bedfordshire CAMHS (Child and Adolescent Mental Health Services) -

CAMHS Crisis Team – 01234 310952

LAC and Eating Disorders Team – 01234 311136 or 01234 310670

### Services offering support with emotional wellbeing :

**Single Point of Access** – 0300 555 0606 - The 0-19 service is operating an essential service, (Monday – Friday 9am – 4.30pm, except bank holidays).

**Chathealth** – School Nurse text support service - Text 07507331450 to speak with a school nurse for any emotional support or health advice (Monday – Friday 9am – 4.30pm, except bank holidays).

**Parentline** – Health Visitor text support service Text 07507 331456 to speak to a Health Visitor (Monday – Friday 9am – 4.30pm, except bank holidays).

**Kooth** – Online free counselling service for children and young people [www.kooth.com](http://www.kooth.com)

**Mind** have created a guide for people to advise them on ways of managing our mental health during a virus outbreak. Please see link to the guide below.

<https://www.mind.org.uk/wp-content/uploads/2020/02/ResponseCoronavirusENG6.2.2020-.pdf>

**School counsellor** phone appointments may be available – speak to your Pastoral Leader about a referral

## Where else can you go?

### Childline

**0800 1111**

[www.childline.org.uk](http://www.childline.org.uk)

Provides support to young people who have concerns about themselves or their friends.

### Young minds

[www.youngminds.org.uk](http://www.youngminds.org.uk)

Text YM to **85258**

A charity which focuses on young people's mental health and emotional wellbeing.

### Samaritans

any time of day or night

[www.samaritans.org](http://www.samaritans.org)

**116 123**

Email -  
[jo@samaritans.org](mailto:jo@samaritans.org)

### Help & advice

[www.selfharm.co.uk](http://www.selfharm.co.uk)

A project dedicated to supporting young people. It provides lots of support and information.