

# HOW YOU FEELS MATTERS *(Feb 23)*

Getting help in Bedford Borough & Central Bedfordshire:

IT IS SO IMPORTANT TO TALK,

Try talking to school/college mental health support, counsellor, doctor, friend, family or a 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 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

### **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

### **SHOUT TEXTLINE:**

Free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.– text **reflect** to 85258

### **BEDFORD OPEN DOOR:**

[www.bedfordopendoor.org.uk](http://www.bedfordopendoor.org.uk) :01234 360388

### **SORTED:**

[www.sortedbedfordshire.org.uk](http://www.sortedbedfordshire.org.uk) : 01582 891435

### **RELATE:**

[www.relate.org.uk](http://www.relate.org.uk) : 01234 356350

### **CHUMS:**

Mental Health and Emotional Wellbeing Service for Children & Young People

<https://chums.uk.com/> TEL: 01525 863924

**BEAT:** national eating disorder charity and it has lots of resources available via its website:

<https://www.beateatingdisorders.org.uk/>

## 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**