How you feel matters:

Getting support in Central Bedfordshire

IT IS IMPORTANT TO TALK: Try talking to the school/college mental health support, a counsellor, doctor, friend, family or another trusted adult.

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

Need some 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 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

How do you get 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/

Do you need 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

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-central-beds/
TEL: 0300 330 0648

IN AN EMERGENCY, DIAL 999

Need more help?

CAMHS - Emotional & Behavioural Team
Provide assessments, support and treatment for children and young people up to the age of 18
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

The Mind BLMK **Young Person's Wellbeing Navigators** offers 1-2-1 support for **16-25 year olds**. For more information: https://www.mind-blmk.org.uk/how-we-can-help/young-persons-wellbeing-navigator-service/
or email: ypwns@mind-blmk.org.uk
phone: 0300 330 0648