

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?

How do you get help?

Everything OK?

Everything OK is a website designed to help you find the help and support you need when you've got questions about your thoughts or feelings.

www.everything-ok.co.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

SHOUT

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

TEXT: SHOUT 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

SAMARITANS

If you want someone to talk to, they listen, do not judge and do not tell you what to do

www.samaritans.org/how-we-can-help/contact-samaritan/

TEL: 116123

Do you need urgent support?

Need more help?

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

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-bedfordshire-luton-camhs>

TEL: 01525 638613

Primary Care Access Service PCAS

You can also access support via PCAS; ask your GP to refer you to the Primary Care Access Service for mental health support.