

## 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 and emotional wellbeing service. They can also provide self-help resources on how to understand and self help your own mental health. 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

### SEXUAL HEALTH

iCaSH Provides all aspects of sexual and reproductive health including STIs and HIV testing & treatment, contraception.

[www.icash.nhs.uk](http://www.icash.nhs.uk)

### DRUG & ALCOHOL SERVICES FOR YOUNG PEOPLE

Aquarius offer specialist services for children & young people who use substances or gamble and those who are affected by a parent or carers substance misuse.

[www.aquarius.org.uk](http://www.aquarius.org.uk) TEL: 0330 008 3925

## 2: GETTING HELP

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

### SORTED

Free, confidential counselling for children & young people aged 5 to 25. [www.sortedbedfordshire.org.uk](http://www.sortedbedfordshire.org.uk) TEL: 01582 891435

### 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/](http://www.samaritans.org/how-we-can-help/contact-samaritan/)

TEL: 116123

### CHUMS

Bereavement mental health and emotional wellbeing support for children and young people.

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

### CHOOSE YOU :HEALTHY WEIGHT AND STOP SMOKING

A free local service to support building healthy habits

<https://chooseyou.co.uk/> Tel 0800 013 0553

### BEAT

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

LINK TO CHANGE Dedicated to breaking the cycle of

exploitation: <https://www.linktochange.org.uk/>

Tel 01480 474974

## 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

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

## 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 ANY EMERGENCY, DIAL 999