

Support Information for young people and families

Please see information below of services available to support pupils and their families:

- [Chathealth](#) – School Nurse text support service for 11-19 year olds. Beds – Text: 07507 331450 to speak with a school nurse for any emotional support or health advice (Monday – Friday 9am – 4.30pm, except bank holidays)
- [Parentline](#) – A secure and confidential text service for parents and carers of those aged 0-19. It offers advice and support on a range of issues such as weaning, sleep and emotional health or how to make an appointment with our team. Beds – Text 07507 331456 with your question to start the conversation (Monday – Friday 9am – 4.30pm, except bank holidays)
- [Bedford Open Door](#) – Tel: 01234 360 388
- [Childline](#) (children’s telephone counselling or online) – Tel: 0800 1111
- [Sorted](#) Tel: 01582 891 435
- [Samaritans](#) – 24 hour confidential listening and support for anyone who needs it. (Parents/carers included.) Email – jo@samaritans.org Call 116 123 (24 hours)
- [Relate](#) Tel: 01234 356 350
- [Bedfordshire Domestic Abuse Partnership](#) - 24hour national domestic abuse helpline for women call 0808 2000 247. Men advice line Call 0808 8010 327 or Mankind Initiative Call 01823 334244 LGBT+ domestic abuse helpline Call 0800 9995428

If you are concerned about the immediate health or safety of a child you can contact:

- [YoungMinds](#) Crisis Messenger Tel: 111 Option 2 – 24/7 ALL AGES

Young people can talk to a CAMHS professional directly who can arrange additional support. 0 – 18 CAMHS SINGLE POINT OF ENTRY - A CAMHS clinician will respond and they can also provide self- help resources and psychoeducation. For enquiries, please call 01234 893362

- [Kooth](#) - Online free counselling service for children and young people aged 11-19. Kooth is free, safe and anonymous and is here to help and support young people with their mental health and is available 365 days a year. Kooth offers more than just counselling, including Kooth magazine, forums, live discussion boards, journal, goals, and a mini activity hub.

[How to sign up to Kooth](#)

The Paediatric Occupational Therapy team of Cambridgeshire Community Services NHS Trust has launched a [new online video presentation](#) to help parents and professionals of children with a sensory challenge.

The presentation enables parents and professionals to learn about sensory preferences, help with developing resilience using sensory smart strategies and how to adapt tasks to increase participation.

The video and accompanying material can be found [here](#)