

[Contact information for Key Health & Wellbeing Services in Bedfordshire for Children, Young People and their Families who may need support around the time of exam results. Aug 2020](#)

Service	Organisation	Website	Area Covered	Service Available	How To Make Contact?
Early Help	Bedford Borough Council	https://earlyhelp.bedford.gov.uk/	BBC	If you need to talk to someone and don't know who please contact the Early Help Hub and they will discuss this with you and help you to get to speak to someone who can help you.	Email: EarlyHelpHub@Bedford.gov.uk 01234 718700 and ask for Early Help. See website link
Access and Inclusion	Central Bedfordshire	www.centralbedfordshire.gov.uk	CBC	See website	0300 300 8585 (Office Hours) 0300 300 8123 (Out of hours)
5-19 School Nursing	Cambridge Community Services NHS Trust	www.cambscommunityservices.nhs.uk/BedsSchoolNursingService	BBC CBC	School Nurses can support on a one to one basis virtually or in school where there is a need for talking therapy and guidance with issues of exam pressure, relationships and other health issues or conditions.	0-19 team Single Point of Access which can direct any enquires to the relevant school nurse team on any one day. 0300 555 0606 Please see website
Parentline	Cambridge Community Services NHS Trust	www.cambscommunityservices.nhs.uk/bedfordshire-parentline	BBC CBC	Parentline offers advice and support on a range of issues such as weaning, sleep and emotional health. They can also find out how to access other local services.	Parentline: for parents and carers of those aged 0-19 (25 with SEND) TEXT 07507 331456
ChatHealth	Cambridge Community Services NHS Trust	www.cambscommunityservices.nhs.uk/bedfordshire-chathealth	BBC CBC	ChatHealth, a service for young people to confidentially ask for help about a range of issues, or make an appointment with a school nurse. They can also find out how to access other local services including emotional support or sexual health services.	ChatHealth: for young people aged 11-19 (25 with SEND) TEXT 07507 331450
KOOTH	Xenzone	www.kooth.com	BBC CBC LBC MK	Online counselling and emotional well-being service for children and young people aged 11-19. Kooth.com is a website children and young people can use to get advice, support and guidance for any problem, no matter how big or small.	www.kooth.com
CAMHS Mental Health services	East London Foundation Trust (ELFT)	https://camhs.eft.nhs.uk/ (for self-referral form, click on 'where we work' link to access your local area, and self-referral form can be found under 'information leaflets')	BBC CBC	Young people and their families can self-refer to CAMHS and can access self-help and advice via our website.	elft.spoebedfordshire@nhs.net 01525893300 01234 893301 (Office hours) 24/7 Crisis support – 111 option 2
Mental Health & Emotional Wellbeing Service for C & YP	CHUMS	www.chums.uk.com/	BBC CBC	Mental health and wellbeing services for children, young people and families. Please see website for the types of services available.	See website 01525 863924