



BEDFORD
BOROUGH COUNCIL

Mental Health and Emotional Well-being Early Help Services for Young People

“Right support Right action Right time”





Emotional wellbeing and mental health needs pathway

Emotional wellbeing or mental health need

What action schools/colleges can take

Guidance

Links and contacts

Emergency medical help needed to preserve life – recent overdose, dangerous self harm or suicidal ideation, intent and plans

Call 999 and seek medical care to A and E
Keep child/young person in a safe, quiet area, supervised until support arrives.

The Samaritans help line will support you if a child/young person is expressing suicidal thoughts.

Samaritans - 116 123
Childline - 080011111
Young Minds - www.youngminds.org.uk
Papyrus - www.papyrus-uk.org

Urgent mental health support needed for serious mental health crisis including psychosis, eating disorder or suicidal ideation.

Speak to parents and your school CAMHS practitioner. Contact CAMH Clinician Of the Day or the Crisis service Where needed, seek medical care

The CAMHS Crisis service is available Mon – Fri 8am – 9pm and Sat – Sun (including Bank Holidays) 10 – 2pm

CAMHS Crisis service – 01234 310952
www.camhs.eft.nhs.uk/
CAMHS North – 01234 310800
CAMHS South – 01582707635

Specialist support to meet significant mental health need – signs that further help is needed including self harm

Consult with your school CAMH practitioner. Consider a referral to CAMH or CHUMS (or speak to the pupil's parents to refer via GP) Speak to your Educational Psychologist

Educational psychologists will provide advice and guidance particularly in relation to children and young people with SEND.

Educational Psychologists – 0300 300 6400
CHUMS – chums.uk.com/emotional-well-being-service/
CAMHS North – 01234 310800
CAMHS South – 01582 707635

Targeted support and early input to meet additional needs – some extra help needed for emotional wellbeing or emerging mental health needs, eg sleep disturbance, changes in eating habits.

Use school based support and/or interventions. Discuss with your School Nurse (SN), CAMHS school team, your Educational Psychologist or complete an EHA.

Link Early Help Professionals provide advice on appropriate services and completing an EHA. Case consultations are available with your CAMHS schools teams or CHUMS. Your SN is trained to provide early help to pupils via referrals or drop ins.

Early Help Assessment guidance – <https://www.bedford.gov.uk/social-care-health-and-young-people/help-for-families/early-help/>

Universal level to support children and young people to fulfil their potential

Develop a whole school/college approach to promoting resilience and health and wellbeing including physical activity and effective PSHE, RSE and drug and alcohol education.

Mental Health and Emotional Well-being Services – Useful Contacts & Information

Bedford Borough Integrated Front Door – If you think a child or young person is being abused or mistreated or you have concerns about the safety or welfare of a child, you must speak to someone immediately.

You can ring the Integrated Front Door (previously MASH) on 01234 718700 (office hours) or 0300 300 8123 (out of hours).

In an emergency, phone the police on 999.

Integrated Front Door Referral Form - <https://www.bedford.gov.uk/social-care-health-and-community/children-young-people/safeguarding-children-board/are-you-worried-about-a-child/>

Bedfordshire CAMHS (Child and Adolescent Mental Health Services) -

CAMHS Crisis Team – 01234 310952

Single Point of Entry (Referrals) – 01234 310040

LAC and Eating Disorders Team – 01234 311136 or 01234 310670

Neurodevelopmental Team – 01234 310669

Bedford Team – 01234 310670

Managing our Mental Health & Staying Well during a Virus Outbreak

Mind have created a guide for people to advise them on ways of managing our mental health during a virus outbreak. Please see link to the guide below.

<https://www.mind.org.uk/wp-content/uploads/2020/02/ResponseCoronavirusENG6.2.2020-.pdf>

FOR ALL OTHER QUERIES PLEASE VISIT BEDFORD BOROUGH COUNCIL LOCAL OFFER WEBSITE

localoffer.bedford.gov.uk

High Needs



A high need will have a serious impact on all areas of everyday life or others close to you. As a result, your relationships may be impacted, and everyday life is difficult.

Medium Needs



A medium need will have an impact most of the day on everyday life, but are still able to engage with education, friendships and family however, this may require more support than normal.

Low Needs



A low need will have an impact on everyday life some of the time, but are still able to maintain positive friendships, attendance at school and communication with family, most of the time.

Bedfordshire Well-Being Service



A range of free and confidential talking therapies and specialist support to help you feel better, for those aged 17+ (16+ if NEET)

Psychological therapy to help support and treat common mental health problems such as depression and anxiety, through CBT, DBT, workshops and individual therapy.

Self-referral either via the online referral form or phone: <https://bedfordshirewellbeingservice.nhs.uk/get-started/> or 01234 880400 or local doctor can make a referral

Changing Faces – Supporting young people and families through CSE



Wraparound support to young people and their families to understand the risks of and to exit Child Sexual Exploitation. Support can be accessed on a one-to-one basis, family support and group workshops for young people. The service can be accessed from 9 years old – call to enquire about which service would be most suitable.

Low risk young people will be supported through protective behaviours work and medium to high-risk young people will offered support through a named CSE worker.

Referral form - <https://www.facesbedford.org/professionals-page> or further information on 01234 270601

CAMHS – Child and Adolescent Mental Health Service



01234 893300

A multidisciplinary team supporting children and young people who are experiencing difficulties with their emotional or behavioural wellbeing including: mental health diagnosis, self-harm for 5-18-year-olds.

Referral through SPoE (send EHA or Delivery Plan to Community Partner)

or

GP, schools, Children's Centres and health professionals

School Nursing Team



The 5-19 School Nursing Service works in partnership with children, young people and their families in to ensure that children's health and wellbeing needs are supported within their school and their community.



Support offered will include the following:

- Confidential health services
- Support for the physical and emotional health and wellbeing of children, young people and families.
- Advice on healthy choices, e.g. healthy eating, dental health, sexual health and substance misuse.
- Healthy lifestyle promotion, including advice on diet and exercise.
- Health reviews
- The childhood immunisation programme
- Support and information for teenage parents.

- Support for families with complex needs such as diabetes and asthma
- Working in partnership with outside agencies to promote the rights and educational needs of young carers.
- Advice and information on the issues of bed wetting and constipation.

Contact the 0-19 team Single Point of Access number, and they will be able to inform you of school nurses within the local area - 01525 631150


CHUMS – Mental Health & Emotional Wellbeing Service for Children and Young People

 
01525 863924

1-2-1 (four sessions) and group support through prevention and early intervention support for mental health difficulties. Including: bereavement, well-being, baby loss, family wellbeing for 0-17-year-olds


Self-referral (parent, young person or professional) <http://chums.uk.com/bedfordshire-referral-forms/> or Referral through SPoE (send EHA or Delivery Plan to Community Partner)

KOOTH – online support for young people


Online mental health services for children, young people and adults. Online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

<https://www.kooth.com/>



CAMHS Parent-infant Psychotherapy


The service provides assessment and treatment for parents/ caregivers who have concerns about the well-being of their infant or young child (up to 18 months of age).

The service offers early intervention and preventative work for infants and their caregivers where there are emerging difficulties in regulation and relationships.

Referral form – contact Community Partner for form


Bedford Borough Early Help – Enhanced Evidenced Based Practice EEBP

 
EEBP (Enhanced Evidence Based Practice) is an intervention offered within the Early Help Service at Bedford Borough to support young people with mild to moderate anxiety or low mood.

EEBP is based upon Cognitive Behaviour Therapy (CBT) principles and is an evidence-based intervention. We are able to work with young people in school, home or in the community. Cognitive behavioural therapy (CBT) is a type of talking therapy which focuses on how thoughts, beliefs and attitudes affect your feelings and behaviour, and teaches you coping skills for dealing with different problems.



Please complete an Early Help Assessment to access support.
<https://www.bedford.gov.uk/social-care-health-and-community/children-young-people/help-for-families/early-help/>

Emerald Centre – Sexual Assault Referral Centre


A range of support services to anyone aged 13 or over, living within the Bedfordshire area, who has experienced sexual abuse or sexual violence, either recently or in the past.

Services for children aged 12 and under are provided by specially trained paediatricians.

Groundwork – Mentoring Service

 
Approx. 6 sessions 1-2-1 support via a mentor for ages 13 +
Individually tailored mentoring sessions for young people with low-medium social and emotional needs, challenging behaviour or those at risk of becoming NEET

Young people make direct referrals to youthreferrals@groundwork.org.uk
Note: Change in referral process

Clients can access services without involving Police or other agencies. However, clients also have the option to access the centre via the Police and other professionals.

By appointment only - 01234 897504 (9am-5pm) 24-hour answer phone
Out of Hours Help Line: 0330 223 0099

Embrace – Child victims of crime

Supporting children, young people and families who are victims of serious crime. Enabling them to cope with what has happened, support their recovery and provide services that enable them to put events behind them, move on and fulfil their life's potential.

Referrals via the Police or sign-post HUB of Bedfordshire police

Self-referral for the Day's Put Scheme

<https://embracecvc.org.uk/theme-park-tickets/>

Groundwork can be commissioned, or spot purchased to provide intensive support and mentoring for young people currently experiencing a difficult time.

For further information contact – Diana.Hedley@groundwork.org.uk

Bedford Borough Early Help – Solution Focus BRIEF Therapy

As part of Bedford Borough's Early Help Service our staff are trained to deliver 4 - 6 sessions of Solution Focus Brief Therapy to young people and in some cases parents and carers.

The Solution Focused approach works by exploring, in detail, a client's preferred future, where their best hopes from the work have come true. The Solution Focused approach then identifies the possible resources and strengths the client has for achieving that future. Thousands of successful cases, including many which involved clients previously considered 'untreatable', have confirmed the belief that everyone has the resources to move towards and even to achieve their preferred futures.

<https://www.bedford.gov.uk/social-care-health-and-community/children-young-people/help-for-families/early-help/>

Hope Programme – Victim of sexual violence

A telephone helpline and counselling for women and girls, men and boys, over 10 years old who have suffered rape and sexual violence including child sexual abuse.

The services are also available to victims non-offending family members, partners and carers.

Self-referral – 0300 365 1045

<http://www.hopeprogramme.com/>

Aquarius - Young People Substance Misuse Service

One-to-one psychosocial support, family sessions, group work, the service supports 5 to 19-year-olds. The service supports those impacted by substance misuse whether this be parental or own use.

Self-referral through via referral form - <https://aquarius.org.uk/our-services/bedfordshire-young-people/>

Cambridgeshire Sexual Behaviour Unit

Children and young people aged 7 - 17 who are presenting with problematic or harmful sexual behaviour.

The Counselling Foundation – Counselling Service

Free service for those who are 16 – 17 years old through the NHS with a set amount of sessions.

Support for transition between school and college or college and university, exam stress, unemployment, entering new relationships.

The service provides assessments and interventions for children and young people aged 7 - 17 presenting with problematic or harmful sexual behaviour.

Advice and support for professionals is available for lower age ranges.

Support is intended to be short term unless the young person is subject to a court order for behaviour of a sexual nature.

Referrals via an Early Help Assessment or Delivery Plan

Self-referral through online form - <https://counsellingfoundation.org/personal-counselling/counselling-for-young-people/>

Ormiston Families – support for young people affected by the imprisonment of a close family member

Tailored 1-2-1 support, Breaking Barriers aims to reduce anxiety around prison, support emotional wellbeing and assist in engagement with school.

Direct referrals - kara.manning@ormistonfamilies.org.uk or 01473 724517

Childline – Online and phone support for young people

The service supports anyone under the age of 19.

Childline is a free, private and confidential service where young people can talk about anything accessing either of the following service:

- Phone - 0800 1111
- Email - <https://www.childline.org.uk/login/?returnPath=%2flocker%2femail%2f>
- 1-2-1 counselling chat service - <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

Additionally, use the website to seek online advice for subjects including bullying, self-esteem, friends and relationships, school, home and families.

Young Minds – Crisis Messenger, text advice service

The YoungMinds Crisis Messenger text service provides free, 24/7 crisis support across the UK. If a young person is experiencing a mental health crisis and need support, they can text YM to 85258.

The crisis messenger service can help with urgent issues such as:

- Suicidal thoughts
- Abuse or assault
- Self-harm

- Bullying
- Relationship issues

A free and confidential to text our service from the following major networks: EE, O2, Three and Vodafone.

Samaritans – Step by Step



A Samaritans service that provides practical support to help schools prepare for and recover from a suspected or attempted suicide. The service support organisations working with young people so that they can respond effectively following the suspected or attempted suicide of someone from within their community; taking practical steps to reduce the risk of further deaths in the area.

School to self-refer - <https://www.samaritans.org/how-we-can-help/schools/step-step/contact-step-step-team/>

The Survivors Trust - supporting survivors of rape, sexual violence and/or childhood sexual abuse



The Survivors Trust (TST) is a UK-wide national umbrella agency for 130 specialist organisations for support for the impact of rape, sexual violence and childhood sexual abuse throughout the UK and Ireland.

Free, confidential helpline and signposting: 08088 010 818

- Monday - 10am-7:30pm
- Tuesday - 10am-12pm & 1:30pm-7:30pm
- Wednesday - 10am-7:30pm
- Thursday - 10am-4pm & 5pm-7:30pm
- Friday - 10am-2pm

Changing Faces – Body Disfigurement



Support and advice is available to children, young people and adults.

Changing Faces Changing Faces is the leading UK charity that supports and represents people who have disfigurements to the face, hand or body from any cause. They have trained Skin Camouflage Practitioners at clinics across the UK.

Support and Information Line 10-4pm 03000120275 or Online support via - <https://www.changingfaces.org.uk/about-us/enquiry>

Mermaids – Gender identity



Mermaids support young people that feel at odds with their birth gender, as well as parents or carers with a child who feels this way.

Support can be accessed through a variety of channels including: a helpline, an email support service, a parent's forum and a separate teens forum, plus multiple residential weekends per annum, and several support groups.

For more information contact directly:

0808 801 0400 Monday - Friday; 9am - 9pm or <https://mermaidsuk.org.uk/>

TACTIC Centre



Young people must be aged between 12 and 19 to access support via TACTIC and live in the Leighton/Linslade area.

Mentoring Support

TACTIC Youth Workers are available to offer confidential one-to-one support to young people. Mentoring involves discussing achievable goals for young people to reach and increase their self-confidence. One-to-one appointments are offered initially for a six-weekly period.

Emotional Well-being Support

One-to-one appointments are available to offer confidential advice and guidance on mental health issues and provide emotional well-being support. Sessions are offered at TACTIC in partnership with Chums. For further information liaise directly with the centre.

01525 373838 or tactic.centre@leightonlinslade-tc.gov.uk

Galop - LGBT+ anti-violence charity.



Supporting LGBTQ+ individuals who have experienced hate crime, sexual violence or domestic abuse. Galop also support lesbian, gay, bi, trans and queer people who have had problems with the police or have questions about the criminal justice system.

0800 999 5428 - National LGBT+ Domestic Abuse Helpline

To report an incident <http://www.galop.org.uk/report/>

Online support help@galop.org.uk

Broken Rainbow – LGBT domestic violence charity



Domestic Violence Helpline provides confidential support to all members of the LGBT communities, their family, friends, and agencies supporting them. The helpline is run by trained LGBT people and provides a space where you can talk through what is going on and explore your options. The helpline can provide:










- confidential information, advice and support
- create a safety plan
- explore options around housing, legal advice, counselling and local support groups
- information about local LGBT friendly services
- discuss the possibility of reporting to the Police

	<p>0300 999 5428 (10am onwards Monday to Thursday, 1pm onwards on Friday) Help@brokenrainbow.org.uk (10am onwards Monday to Thursday, 1pm onwards on Friday)</p>	
	<p>Relate – counselling service for young people</p> <p>1-2-1 therapeutic counselling sessions for 5 – 21-year-olds</p> <p>Practical sessions around the following topics: relationship counselling (adults), sex therapy (adults), children and young people’s counselling, family counselling and telephone counselling.</p> <p>TalkTime offers counselling and support for young people aged 10 – 18 years who are experiencing issues because of family problems.</p> <p>Refer directly – 01234 356350 www.relatebedsandluton.org.uk</p>	<p>Chat Health – text messaging advice for young people</p> <p>Confidential advice and support for young people aged 11-19 years-olds.</p> <p>The service is typically used to provide advice about sensitive issues including: stress and anxiety, bullying, self-harm, alcohol and drugs, sex, contraception and relationships.</p> <p>07507331450 – text</p>
	<p>Bedford Open Door – Counselling Service</p> <p>Up to six sessions of 1-2-1 therapeutic counselling sessions for 13 – 25 -year-olds</p> <p>The service works with a wide range of concerns including anxiety, depression, bereavement, loneliness, self-esteem, difficulties in relationships, self-injury and eating problems.</p> <p>Direct referrals via – enquiries@bedfordopendoor.org.uk or Drop-ins – Saturday morning between 10.30-12pm or Tuesday evening between 4-6pm in Bedford</p> <p>01234 360388 – phone 07922 105 200 – text</p>	<p>Self-Injury Support – Support for women and girls</p> <p>Self-injury Support is a national organisation that supports girls and women affected by self-injury or self-harm. Young people can get support by using TESS, which is a national text and email support service for girls and young women between ages of 11-25 who are affected by self-injury.</p> <p>All services open Tuesday, Wednesday and Thursday from 7pm – 9.30pm</p> <p>Phone – Call 0808 800 8088 Text – Message 07537 432444 https://www.selfinjurysupport.org.uk/Pages/FAQs/Category/webchat-support</p>
	<p>PAPYRUS – Suicide Prevention</p> <p>Support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person</p>	<p>OCD Action – Online support for OCD</p> <p>Website includes support that is available to anyone affected by OCD. In extreme cases of OCD referrals to CAMHS will be more appropriate.</p>

	<p>0800 068 4141 – phone 07786209697 – text pat@papyrus-uk.org - email</p>	<p>Online forums of support including: support for family and friends, OCD, intrusive thoughts, related OCD spectrums https://www.ocdaction.org.uk/forum/ 0845 390 6232</p>
	<p style="text-align: center;">SPACE</p> <p>SPACE is a place where children can attend, meet others impacted by domestic abuse, talk about their experiences or simply just have fun in a safe and enjoyable environment</p> <p>We run a fortnightly youth club in term-time with multi-activities including cooking, sports and games, music, art and much more! We also run holiday activity days and trips.</p> <p>space@project229.org</p>	<p>Hope Again (Cruse) – Young people living after loss</p> <p>Cruse is a national charity that provides support, advice and information to children, young people and adults when someone close to them dies.</p> <p>To speak to a trained volunteer contact either – hopeagain@cruse.org.uk or Free phone helpline on 0808 808 1677 Monday-Friday, 9:30am – 5:00pm.</p>
		<p style="text-align: center;">BEAT – Eating Disorders</p> <p>Support's people who have or are worried they have an eating disorder, as well as others affected, such as friends and family members.</p> <p>A variety of support services including, helplines, one-to-one web chat, Echo Peer Coaching and online support groups.</p> <p>Youthline – 0808 801 0711 or https://www.beateatingdisorders.org.uk/support-services</p>
		<p style="text-align: center;">The Mix – online and phone support for young people</p> <p>Service is available to under 25's including a variety of topics including, mental health, homelessness, sex and relationships, drug and alcohol and crime.</p> <p>The service offers crisis support for anyone experiencing emotional pain or in crisis via text support.</p>

		<p>Young people can text us free and anonymously from EE, O2, Vodafone 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus</p> <p>Support can be accessed via the following methods:</p> <ul style="list-style-type: none"> ➤ 0808 808 4994 ➤ https://www.themix.org.uk/get-support/speak-to-our-team/email-us ➤ 24/7 crisis support across – text THEMIX to 85258.
		<p style="text-align: center;">No Panic – Anxiety Support</p> <p>Telephone or email support for 13-20-year olds.</p> <p>No Panic is a registered charity which helps people who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders including those people who are trying to give up Tranquillizers.</p> <p>0844 967 4848 – 3pm and 6pm Monday to Friday and 6pm and 8pm Thursday and Saturday <u>or</u> info@nopanic.org.uk</p>
		<p style="text-align: center;">The Hideout – Domestic abuse support for young people</p> <p>Women's Aid have created this space to help children and young people to understand domestic abuse, and how to take positive action if it's happening to them.</p> <p>Online resources for children and young people to access enabling them to have a greater around the topic of domestic abuse.</p> <p>http://thehideout.org.uk/</p>

Mental Health and Emotional Well-being Services for young people with additional needs

High Needs 	Medium Needs 	Low Needs 
<p>CAMHS – Neurodevelopmental Team</p> <p>Children and young people that have a neurodevelopmental diagnosis who displaying mental health needs.</p> <p>Criteria for the service:</p> <ul style="list-style-type: none"> • A diagnosis of Learning Disability • Challenging Behaviour / Moderate to severe Mental Health problems • Under 18 years-old <p>Referral form – contact Community Partner for form</p>	<p>Autism Bedfordshire  </p> <p>Autism Bedfordshire’s services help break down the barriers to social participation for autistic people and their families by providing places where they can go and feel comfortable, accepted and not judged by society.</p> <p>Helpline is open 9am-5pm, Monday to Friday for information, advice and guidance on all aspects of Autistic Spectrum Conditions and associated problems - 01234 350704 <u>or</u> enquiries@autismbeds.org.</p>	
<p>CDC – Child Development Centre  </p> <p>The CDC works together with the children and their families using a range of therapies and specialist facilities to help children reach their full educational, physical, emotional and social potential. Referrals made directly by health or education professionals</p>		
	<p>Carers in Beds  </p> <p>Parents Together Group - provides support for parents who are caring for a child with additional needs. An experienced support worker runs the session providing information, guidance and one-to-one support. You can also share information and experiences with other parents. They meet on the second Thursday of every month from 10.00am - 12.00pm at the Hub, Ivel Valley School. https://www.carersinbeds.org.uk/</p> <p>Contact directly for other groups and support for adults caring for a young person with additional needs contact@carersinbeds.org.uk or 0300 111 1919</p> <p>For young carers support can be accessed via the Young Carers Team young.team@carersinbeds.org.uk</p>	

FOR ALL OTHER QUERIES PLEASE VISIT BEDFORD BOROUGH COUNCIL LOCAL OFFER WEBSITE
localoffer.bedford.gov.uk

Finding out more

If you would like further copies, a large-print copy or information about us and our services, please telephone or write to us at our address below.

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Za Informacije

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Informacja

Per Informazione

তথ্যের জন্য



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