

During these difficult times you might need to access the support of people beyond your family, even if you have never needed this before. In this period of national crisis, we want to ensure you are safe and have access to such support. To this end, we have collated some information for you below. Please do use if necessary, and remember that all our schools are still available for advice.

Provider	Information available	Telephone	Web address	Email
CBC	Support for individuals in hardship	0300 300 8900	https://www.centralbedfords hire.gov.uk/xfp/form/151 Online form: https://www.centralbedfords hire.gov.uk/info/26/public_he alth/737/coronavirus_-_covid-19/8	
CBC	Support for young people		https://www.centralbedfords hire.gov.uk/info/26/public_he alth/737/coronavirus - covid-19/9	
HOPELine UK	Prevention of Young Suicide	0800 068 0411 TEXT: 07786 209697		Pat@papyrus-uk.org
Young Minds	Anything – parent helpline available		www.youngminds.org.uk	
NSPCC	Advice & Support	0808 8005000	www.nspcc.org.uk	
Tactic	Teenage advice and information center	01525 373838	www.tactic-centre.co.uk	tactic@leightonlins lade-tc.gov.uk
Anti – Bullying	Bullying	0845 225 5787 07734 701221	www.nationalbullyinghelpline.co.uk	
BEAT	Eating disorders	0345 634 1414	www.beatingeatingdisorders.org.uk	
ICASH	Psycho Sexual Advise	0300 3003030		
Carers in Beds	Young Carers	0300 111 1919	www.carersinbeds.org.uk	
Aquarius Drugs information	advice & counselling	01234 344911	www.talktofrank.com	
Grief Encounter	Confidential helpline for bereavement support	0808 802 0111	www.griefencounter.org.uk	
Kooth	Free Online counselling & advice		www.kooth.com	
Chathealth	Confidential Text messaging (11-19yrs)	TEXT: 07507 331450		

BEDFORDSHIRE SCHOOLS TRUST Childline	Advice on mental health & worries		www.childline.org.uk	
Advice Central	Benefits, housing, debt, disabilities, law, immigration, education, employment, relationships & more In Cbeds	03003036666	www.advicecentral.org.uk	
Minfulness Support Service	Free Live Online Mindfulness Webinar	Call to book a place: 01438960040	https://mindfulnesswebinarforparents.eventbrite.co.uk	info@mindfulnesssupportservice.org
CHUMS	Our age range is 5-18 • We are a Mild/Moderate newly emerging mental health service	01525 863924	http://www.chums.uk.com	
Central Bedfordshire SENDIASS	SEND Information, Advice and Support Service	0300 300 8088	www.cbcsendiass.org	SENDIASS@centralbedfordshire.gov.uk
Outside-In	Support for families, adults and professionals living with or working with Attention Deficit Hyperactivity Disorder (ADHD), Autistic Spectrum Conditions (ASC) and associated conditions.	0824-634-762	https://outsidein-solutions.com/	
Autism Bedfordshire	An independent charity dedicated to improving the lives of autistic people and their families across Bedfordshire.	01234 350704	www.autismbedfordshire.net	enquiries@autismbeds.org
Gov.uk	How to claim Universal Credit: step by step	0800 328 5644	https://www.gov.uk/universal-credit/contact-universal-credit	