

Health and Wellbeing Support

With the school closure ahead some parents/carers may be feeling vulnerable and concerned about support for themselves and/or their child. Please find below a list of service that may be useful to you:

Service	Information/Support Offered	Contact details
Young Minds	Support for young people's mental health Support specific for Corona Virus advice for young people's mental health Advice for self-isolating and mental health Advice about talking to children about Corona Virus	https://youngminds.org.uk/ 0808 802 5544 https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/ https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/ https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/
Young Minds	Crisis Messenger	Text YM to 85258
CAMHS	Support with feelings of Depression, Anxiety, Self-harming, Suicidal thoughts, Stress	https://www.nhft.nhs.uk/camhslive https://www.elft.nhs.uk/service/189/CAMHS-MID-Bedfordshire-
Child Line	Online, on the phone help about all areas of concern. Web site is full of useful information	0800 1111 https://www.childline.org.uk/
P2R	Path to recovery – support for drug and alcohol support service	https://www.elft.nhs.uk/service/300/Path-to-Recovery-P2R-for-Central-Bedfordshire 01525 638340
Embrace	Supporting children, young people and families who are victims of crime.	03456 099960
STEM	Supporting teenage mental health	https://stem4.org.uk/
NHS	For your mind, for your body – support for all areas	https://www.nhs.uk/
NSPCC	National Society for the Protection of Children	0808 800 5000 (free)
Samaritans	Support for people in crisis	

CHUMS	Mental Health and emotional well-being support for children	http://chums.uk.com/ 01525 863924
National Domestic Abuse Helpline	Support for victims of domestic abuse	0808 2000 247 Or call 999 if in immediate risk
Children's Services	If you think a child you know is being harmed or at risk of being harmed. All calls are treated in confidence and you don't have to give your details.	0300 300 8585
School Nursing Service	Support for children aged 5-19 with health issues, physical and emotional wellbeing, support for families with complex needs and a range of other areas ChatHealth – service for young people to confidentially ask for help about a range of issues, such as emotional wellbeing, diet or physical health	www.cambscommunityservices.nhs.uk/Bedfordshire/services/school-nursing 0300 555 0606 Parentline text: 07507 331456 ChatHealth text: 07507 331450
Local Authority SEND services	The website gives a lot of information and details for parents of children with Special Educational Needs and Disabilities.	www.centralbedfordshire.gov.uk/info/15/special_educational_needs_and_disability_-_local_offer SEND Team: 0300 3008356

Apps to download

App	Helps you with
Bright Sky	For victims of domestic abuse
Clear Fear (part of STEM)	Clear Fear is a free app to help children and young people to manage the symptoms of anxiety.
Combined Minds (part of STEM)	Combined Minds is a free app to help families and friends provide mental health support
Calm Halm (part of STEM)	Calm Halm provides tasks that help you resist or manage the urge to self harm.
What's up	Use the positive and negative habit tracker to maintain your good habits
Mind Shift	Mind Shift stresses the importance of changing how you think about anxiety.

Local Food Banks

Potton Vineyard Church food bank	24 The Square, Potton, SG19 2NP 01767 261764 office@pottonvineyard.org.uk
Biggleswade Baptist Church food bank	24 London Road, Biggleswade, SG18 8EB 07511 367066