

Stanbridge Lower School



Tilsworth Road
Stanbridge
Leighton Buzzard
Bedfordshire
LU7 9HY

Please be aware of the following services that are available free from our school nursing team:

- **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).
Luton - Text 07520 616070 to speak with a school nurse for any emotional support or health advice (Monday – Friday 9am – 4pm, 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).
Luton - Text 07507 331886 with your question to start the conversation (Monday – Friday 9am – 4.30pm, except bank holidays).
- **Bedford Open Door** - www.bedfordopendoor.org.uk : 01234 360 388
- **Childline** (children’s telephone counselling or online) – Ring 0800 1111 or visit their website www.childline.org.uk
- **Young Minds** - If you are a young person experiencing a mental health crisis, you can text the YoungMinds Crisis Messenger for free, 24/7 support. Text YM to 85258.
- **Kooth** Online free counselling service for children and young people www.kooth.com
- **Sorted** www.sortedbedfordshire.org.uk : 01582 891 435
- **Samaritans** - 24 hour confidential listening and support for anyone who needs it. (Parents/carers included.) Email - jo@samaritans.org Phone 116 123 (24 hours)
- **Relate** www.relate.org.uk : 01234 356 350



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

- **YOUNGMINDS** Crisis Messenger
- <https://youngminds.org.uk/find-help/get-urgent-help>
youngminds-crisis-messenger
- Call **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
- **More-Life** - Weight management programme for children and families, information and self-referral form available via <https://www.more-life.co.uk/what-we-do/our-services/in-your-area/bedford/>



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