


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

<p>BEDFORDSHIRE SCHOOLS TRUST</p> <p><b>Advice Central</b></p>	<p>Benefits, housing, debt, disabilities, law, immigration, education, employment, relationships &amp; more In Cbeds</p>	<p>03003036666</p>	<p><a href="http://www.advicecentral.org.uk">www.advicecentral.org.uk</a></p>	
<p><b>Minfulness Support Service</b></p>	<p>Free Live Online Mindfulness Webinar</p>	<p>Call to book a place: 01438960040</p>	<p><a href="https://mindfulnesswebinarforparents.eventbrite.co.uk">https://mindfulnesswebinarforparents.eventbrite.co.uk</a></p>	<p><a href="mailto:info@mindfulnesssupportservice.org">info@mindfulnesssupportservice.org</a></p>
<p><b>CHUMS</b></p>	<p>Our age range is 5-18 • We are a Mild/Moderate newly emerging mental health service</p>	<p>01525 863924</p>	<p><a href="http://www.chums.uk.com">http://www.chums.uk.com</a></p>	
<p><b>Central Bedfordshire SENDIASS</b></p>	<p>SEND Information, Advice and Support Service</p>	<p>0300 300 8088</p>	<p><a href="http://www.cbcsendiass.org">www.cbcsendiass.org</a></p>	<p><a href="mailto:SENDIASS@centralbedfordshire.gov.uk">SENDIASS@centralbedfordshire.gov.uk</a></p>
<p><b>Outside-In</b></p>	<p>Support for families, adults and professionals living with or working with Attention Deficit Hyperactivity Disorder (ADHD), Autistic Spectrum Conditions (ASC) and associated conditions.</p>	<p>0824-634-762</p>	<p><a href="https://outsidein-solutions.com/">https://outsidein-solutions.com/</a></p>	
<p><b>Autism Bedfordshire</b></p>	<p>An independent charity dedicated to improving the lives of autistic people and their families across Bedfordshire.</p>	<p>01234 350704</p>	<p><a href="http://www.autismbedfordshire.net">www.autismbedfordshire.net</a></p>	<p><a href="mailto:enquiries@autismbeds.org">enquiries@autismbeds.org</a></p>
<p>Gov.uk</p>	<p>How to claim Universal Credit: step by step</p>	<p>0800 328 5644</p>	<p><a href="https://www.gov.uk/universal-credit/contact-universal-credit">https://www.gov.uk/universal-credit/contact-universal-credit</a></p>	
<p>Robert Bloomfield Academy Pastoral/ Safeguarding Team</p>	<p>Advice and support as well as signposting to other agencies.</p>	<p>01462628800</p>		<p><a href="mailto:RBA-pupilsupport@bestacademies.org.uk">RBA-pupilsupport@bestacademies.org.uk</a></p> <p><a href="mailto:RBA-safeguarding@bestacademies.org.uk">RBA-safeguarding@bestacademies.org.uk</a></p>
<p>CBC – Children’s Services</p>	<p>Safeguarding concerns</p>	<p>03003008585 Out of hours: 03003008123</p>		