

SAFEGUARDING CONTACTS - UNDER 18



WHO TO CONTACT WHEN YOU ARE IN NEED OF HELP AND SUPPORT

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| Childline | 0800 1111 |
| Mental Health Crisis support across Bedfordshire and Luton 24/7 for all ages. | Call 111
-option 2 |
| The Mix
The UK's leading digital support service for anyone under 25. | 0808 808 4994
www.themix.org.uk |
| CAMHS - Bedfordshire
South Bedfordshire/Luton
Bedford
www.elft.nhs.uk/Contact-Us/Need-help-now | 01582 708140
01234 893300 |
| Bedfordshire Wellbeing Service
www.bedfordshirewellbeingservice.nhs.uk/get-started | 01234 880400 |
| Kooth
Free mental wellbeing community | www.kooth.com |
| Shout - free 24/7 text service for anyone in crisis anytime, anywhere. | Text 85258 |
| Bedfordshire Police Public Protection Unit
www.teambedsandluton.co.uk/safeguarding | 01234 846960
or 101 |