



How are you feeling? We can help.



I have a question?



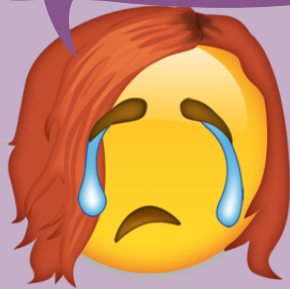
Kooth www.kooth.com
Chat Health - (School Nursing Team texting service) 07520 616070
Childline Tel: 0800 1111
Luton Sexual Health Services - Young People Service 01582 497070
Terrence Higgins Trust (LGBTQ+) 08088021221
Talk to a teacher or trusted adult

I am worried, anxious or afraid!



Kooth www.kooth.com
Chat Health 07520 616070
Tokko Youth Space 01582 256000
CHUMS www.chums.uk.com

I don't feel safe. I need help now!



Mental health crisis 111
24/7 children's mental health crisis service located in **A&E**

In an emergency dial 999

I am unhappy and need help!



Kooth www.kooth.com
Chat Health 07520 616070
Drug and Alcohol service resolutions.info@cgl.org.uk
CHUMS www.chums.uk.com
Children and Young People's Mental Health Service (CAMHS) 01582 748140
Caraline 01582 457474