



How are you feeling?  
We can help.



## Advice

Lacking confidence  
Problems with self-esteem  
Friendship issues  
Bullying  
Worry tummy/  
uncomfortable feelings  
Relationship problems

**Kooth** [www.kooth.com](http://www.kooth.com)  
**Chat Health - (School Nursing Team texting service)** 07520 616070  
**Childline Tel:** 0800 1111  
**Luton Sexual Health Services - Young People Service** 01582497070  
**Terrence Higgins Trust (LGBTQ+)** 08088021221

School mentors  
Pastoral care team  
Trusted adult  
School Wellbeing Champions

## Support

**Kooth** [www.kooth.com](http://www.kooth.com)  
**Chat Health** 07520616070  
**Tokko Youth Space** [www.tokko.co.uk](http://www.tokko.co.uk) 0158 225 6000  
**CHUMS** [www.chums.uk.com](http://www.chums.uk.com)  
**Child Bereavement UK** 0800 02 888 40  
**Primary Care Access Service**  
**CAMHS School Liaison Team (CSLT)** help line 07500835460

School Counsellors

Worries affecting sleep  
Stress  
Low in mood/sad  
Isolating  
Lack of motivation  
Change in appetite  
School attendance issues  
Anxiety  
Bereavement

## Risk Support

Suicidal plans  
Severe self-harm needing treatment  
Emotional deregulation  
Unable to keep safe  
Daily function severely impaired  
Hallucinations/hearing voices

**Mental health crisis** 111  
(Option 2) out of hours service

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

**Adolescent Mental Health Team (AMHT)**

**In an emergency dial 999**

## Extra Support

**Kooth** [www.kooth.com](http://www.kooth.com)  
**Chat Health** 07520 616070  
**Drug and alcohol service** [resolutions.info@cgl.org.uk](mailto:resolutions.info@cgl.org.uk)  
**CHUMS** [www.chums.uk.com](http://www.chums.uk.com)  
**CAMHS** 01525 638614 <https://camhs.elft.nhs.uk>  
**Educational Psychology service** 01582 548150  
**Mental Health support Team (MHST)**  
**CAMHS YOS Worker** (for young people under Youth Offending)  
**Emotional and Behavioural Team (EBT)**  
**Community Eating Disorder Service (CEDS)**  
**Caraline – Eating Disorders** 01234 893300  
**Specialist teachers** (if child is open to SEN Support) 01582 548132

Extreme stress  
Moderate to severe anxiety  
Depressed/withdrawn  
Sleep and appetite problems  
Hearing voices  
Self harm  
Drug and alcohol issues  
Suicidal thoughts