

Where can I go for support if I'm worried or anxious?

Below is a list of organisations in and around Luton who can provide emotional health and well-being support to children and young people not just during Covid-19 but every day. Have a look and if you want to just have a chat with someone about your worries or concerns, today, next week or even next month, see who would be the right people to talk to. If you think that this type of support is not for you, then remember this *"Just because you are struggling, it doesn't mean you are failing"*

Luton and Bedfordshire based support

Tokko counselling for young people aged 10 – 15 years

Tokko provides short-term counselling to enable young people to share their problems in private. You can find out more about this and other support Tokko provides via their website. <http://tokko.co.uk/projects/tokko-young-peoples-counselling/>. Contact Ella via Ella.Pinelli@tokko.co.uk or 01582 544990. If you think counselling is not for you, then have a look at the counselling case studies on the website and then decide if counselling is or isn't for you.



CHUMS Emotional well-being service – for everyone aged up to 18 years

CHUMS offer short and medium term support to children and young people up to 18 years old to support a variety of needs from low moods, low self-worth, anxiety, phobias, self-harm and other emotional support. The service is open and providing support by phone, WhatsApp, Facetime and Skype as well as virtual drop-ins. You can refer yourself by phone, email or via their website. 01525 863924, info@chums.uk.com or www.chums.uk.com/refer



Luton Total Wellbeing Service – for young people aged 16 years and above

This services supports everyone living in Luton who want to improve their physical and mental health. Have a look at their website <https://www.totalwellbeingluton.org/> to see if you think they can provide the support you are looking for and get in touch with their via their on-line form or email. If you do not have access to a computer or smart phone, you can call them on 0300 5554152 If you are already engaging with this organisation service, they will contact you to tell you your options to receive support.



CAMHS – for everyone

If you are already working with CAMHS, they are providing support by phone rather than face to face. But even if you are working with them and you feel that you are struggling, you can contact them on 01525 638613 between 9am – 5pm Monday to Friday and a clinician will discuss your concerns and provide you with advice.

ChatHealth - a text service for 11-19 year olds in Luton

You can now text a Nurse on **07520 616070** to ask any health related questions you might have including mental health, drugs, relationships, healthy eating and much more. ChatHealth is an easy, private and anonymous way to ask questions about your health. A nurse will be there to answer your text from 9am to 4pm, Monday to Friday (except bank holidays).

Other national services available to you

Kooth – for young people aged 10 – 16 years old

Kooth is a free, safe and anonymous online counselling service for young people providing support from qualified counsellors via your mobile, tablet and desktop computer. Young people can access support directly without needing a referral by joining KOOOTH online. Go to www.kooth.com



Family Lives – provides online parenting advice and support for all parents including young parents. If you would like support and advice, you can talk Support Workers through our confidential helpline on 0808 800 2222. Family Lives is here for you. You can contact us about any family issue, big or small. They listen, support and never judge. <http://familylives.org.uk>



Some helplines if you want to talk to someone

HOPELINEUK – call 0800 068 41 41 or text 0778 620 9697

A specialist telephone service for support, practical advice and information to young people up to the age of 35 who are worried about how they are feeling or anyone who is concerned about a young person. Is available Monday – Friday from 10am-10pm, Saturdays, Sundays & bank holidays 2pm-10pm



Available Anytime (24/7)

ChildLine – call 0800 1111

Talk to a counsellor for free anytime by calling 0800 1111. You can also log in for 1-2-1 chat or email (www.childline.org.uk/get-support)



YoungMinds Crisis Messenger – Text “YM” to 85258

A free crisis messenger service support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to 85258.



Samaritans – call 116 123

Talk to a trained volunteer anytime for free non-judgemental support by calling 166 123.



NHS Direct – call 111

NHS Direct can help if you have an urgent medical problem and you're not sure what to do.



Accident & Emergency (A&E) at your local hospital.

If you feel you cannot keep yourself safe, it is best to attend your local A&E so they can help to keep you safe.

