

Hello
Summer

Mental Health Drop-In Service

by

CAMHS Bedfordshire's Community Access Services (CAS)

Summer Holidays can be hard without the usual routines and the support from school.

In August 2024, CAMHS CAS are offering a drop-in service to parents and carers of their children aged 5-18 who attend any Central Bedfordshire school to get advice and resources to support and promote positive mental health.



Please scan the QR code to reserve a space at our drop in or **contact our clinic on 01582 707635** and leave your contact details and we will return your call.

All Summer Drop in sessions will be held between **4pm – 6pm** on the following dates and venues below.

67 High Street North, Dunstable, Bedfordshire, LU6 3SD	Stratton Upper School, Eagle Farm Road, Biggleswade, SG18 8JB	Whichello's Wharf, The Elms, Stoke Road, Leighton Buzzard, Bedfordshire, LU7 2TD
Tuesday 30 th July 2024	Wednesday 31 st July 2024	Thursday 1 st August 2024
Tuesday 6 th August 2024	Wednesday 7 th August 2024	Thursday 8 th August 2024

A Level Results – Drop ins available at all venues on **Thursday 15th August 2024**

GCSE results – Drop ins available at all venues on **Thursday 22nd August 2024**

PLEASE NOTE THIS IS NOT A MENTAL HEALTH CRISIS SERVICE

If you or your child are experiencing a mental health crisis, please contact **NHS on 111 and press Option 2** for the Mental Health Crisis Line (all ages.) In an emergency, you can also **attend your local A&E and contact emergency services on 999**