

MENTORING SERVICES

BRIGHT PATHS

YES MENTORING - 1:1 ONLINE MENTORING
FOR 11-18

BRIGHTPATHS.ORG.UK



OPENDOOR

IF YOU LIVE IN BEDFORD BOROUGH OR
NORTH CENTRAL BEDS YOU CAN CALL, TEXT
OR EMAIL TO REGISTER FOR UP TO 12
SESSIONS OF FREE, CONFIDENTIAL
COUNSELLING.

WWW.BEDFORDOPENDOOR.ORG.UK

TEL: 01234 360388 TEXT: 07922 105200



SORTED

FREE COUNSELLING FOR YOUNG PEOPLE
AGED 10-25

[HTTPS://SORTEDBEDFORDSHIRE.ORG.UK](https://sortedbedfordshire.org.uk)



THE MIX

PROVIDES 'ESSENTIAL SUPPORT FOR UNDER
25'S' GET INFORMATION AND SUPPORT VIA
ONLINE CHAT, PHONE OR THEIR CRISIS
MESSENGER SERVICE. 24/7 CRISIS SUPPORT
ACROSS THE UK. YOU CAN TEXT THE MIX TO
85258

WWW.THEMIX.ORG.UK



TILEHOUSE

FREE COUNSELLING SERVICE FOR YOUNG
PEOPLE UNDER THE AGE OF 19 WHO ARE
SUFFERING FROM EMOTIONAL DIFFICULTIES
AND FEEL THEY NEED TO TALK.

WWW.TILEHOUSE.ORG



KOOTH

KOOTH IS A FREE, SAFE, ANONYMOUS
ONLINE EMOTIONAL WELLBEING
COMMUNITY THAT IS ACCESSIBLE 24/7, 365
DAYS OF THE YEAR AND PROVIDES ACCESS
TO CHAT SESSIONS WITH COUNSELLORS
AND QUALIFIED EMOTIONAL WELLBEING
PRACTITIONERS. WWW.KOOTH.COM



PARENT SUPPORT

Supporting and progressing
families

8 week online programme run by
Central Bedfordshire for parents
facing challenging behavior.
the pastoral team can make a
referral for you.

Kidstime - Monthly sessions at
Arlesey youth club for parents and
children who have a mental health
need.

The Rebuild programme- for
women living with domestic
violence.

[www.centralbedfordshire.gov.uk/in
fo/191/domestic_abuse/1394/the_r
ebuild_programme](http://www.centralbedfordshire.gov.uk/info/191/domestic_abuse/1394/the_rebuild_programme)

Parent line- Text Support for
Parents and carers of 0-19.
07507331456

For day to day Pastoral matters in
the first instance please contact
your child's form tutor or head of
year

Please visit our website for more
information and support
www.Etonbury.org.uk



ETONBURY
ACADEMY

Family Information Leaflet

We know that being a parent/carer
isn't always easy. If you're worried
about your child or young person's
emotional wellbeing, please find a
list of both local and national
resources



INTERNET SAFETY

Online safety tips for parents and students as they navigate secondary school.

www.internetmatters.org

www.ceopeducation.co.uk

www.childnet.com

www.iwf.org.uk

www.nspcc.org.uk/keeping-children-safe/online-safety

www.childline.org.uk

EMOTIONAL WELLBEING

Alumina - Alumina is a free, online 7 week course for young people aged 10-17 struggling with self-harm. Each course has up to 14 young people, all accessing the sessions from their own phones, tablets or laptops across the UK. The courses are run by friendly, trained counsellors and volunteer youth workers.

<https://www.selfharm.co.uk/>

Samaritans:

<https://www.samaritans.org/>

Everyone is Respectful

CLEAR FEAR



The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away. Instead, face your fear with the Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.

CALM HARM 12+



Calm Harm is a free app to help teenagers manage the urge to self-harm. Provides tasks that help you resist or manage the urge to self-harm

SHOUT 85258



Free 24/7 mental health text support in the UK. Shout 85258 is the UK's first free, confidential, 24/7 text support service. It's a place to go if you're struggling to cope and need mental health support

BEAT EATING DISORDERS



The UK's eating disorder charity. Founded in 1989 as the Eating Disorders Association, it's mission is to end the pain and suffering caused by eating disorders.

WYSA



Is an emotionally intelligent chatbot that uses AI to react to the emotions you express. It is designed by therapists and psychiatrists and offers a range of support for your mental health. Age 12+

Together we Care

www.everything-ok.co.uk

Everything OK is a website designed to help you find the help and support you need when you've got questions about your thoughts or feelings



YOUNG MINDS



www.youngminds.org.uk Young minds provides young people with the tools to manage their mental health. For under 16's

CAMH



CAMHS provides outpatient assessments, support and treatment for children and young people up to the age of 18 experiencing moderate to severe mental health problems.

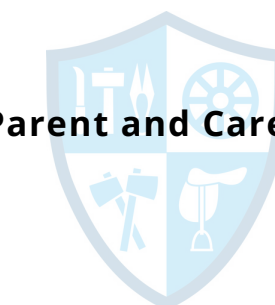
Self referral link:

<https://www.elft.nhs.uk/camhs/self-referral-form-bedfordshire-camhs>

CAMH Children and young people's Padlet



CAMH Parent and Carer Padlet



Always Aim Higher