

Drugs and Alcohol:

- AQUARIUS
Visit: www.aquarius.org.uk
Phone: 0330 008 2925
- Talk to Frank
Visit: talktofrank.com
Phone: 0300 123 6600
Text: 82111
Email: frank@talktofrank.com

Sex/Sexual Health:

- IcaSH
Visit: www.icash.nhs.uk
Call: 0300 300 3030

My Online Safety:

- Think U Know
Visit: www.thinkuknow.co.uk
- CEOP
Visit: www.ceop.police.uk

Smoking:

- Stop Smoking Service
Email: bedscg.stopsmokingservice@nhs.net
Phone: 0800 013 0553



I would like
some help or
information
about...

My Health:

- School Nurses
Visit: <http://www.cambscommunityservices.nhs.uk/bedfordshire/school-nursing>

How I feel:

- Young Minds
Visit: www.youngminds.org.uk
Phone: 0800 1111
For urgent help text: YM to 85258
- CAMHS
Visit: www.eft.nhs.uk/service/201/CAMHS-Bedford-Borough
Phone: 01525 8933000 or 01234 893301
- CHUMS
Visit: www.chums.uk.com
Phone: 01525 863924
- Kooth
Visit: www.kooth.com
Text: 07507331450

Relationships:

- Disrespect nobody
Visit: <https://www.disrespectnobody.co.uk>