

'Going home' plan

Safety Actions to take -

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My next appointment-

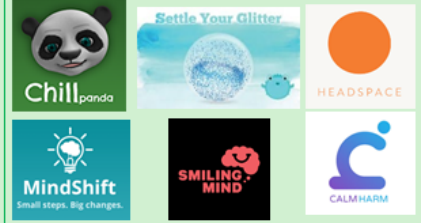
With: _____

At: _____

On: _____

Time: _____

Useful Apps -



Emergency Phone Numbers

CAMHS Crisis / A&E Liaison Team and Adolescent Mental Health Team-
01234 310952
Weekdays: 8am – 9pm. Weekends/Bank Holidays: 10am – 2pm
9 Rush Court, Bedford, MK40 3JT - <https://camhs.elft.nhs.uk/>
Childline- 0800 11 11
Samaritans- 116 123
NHS 111- 111
Out of Hours Social Care Emergency Duty Team-
Bedford Borough and Central Bedfordshire - 0300 300 8123

Tier 2 / other support Services

Bedford Open Door Counselling Service
<http://www.bedfordopendoor.org.uk/>
CHUMS Mental Health and Wellbeing Service (Bedfordshire and Luton)
<http://chums.uk.com/>
Tokko, Youth Space (Luton) <http://tokko.co.uk/>
Sorted Counselling Service (Central Bedfordshire)
<https://www.sortedbedfordshire.org.uk/>
Papyrus – Confidential support and advice for young people and anyone worried about a young person who may be feeling suicidal
<https://www.papyrus-uk.org/>

We care

We respect

We are inclusive

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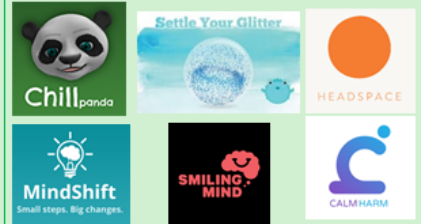
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