Support for those concerned about their own behaviours

@bedsdv

www.bedsdv.org.uk

Take care: always scan QR codes and open websites in private browsing mode

Intervention and Diversion

Police non-emergency number - 101

Central Bedfordshire Council Adult Safeguarding Team
Go to www.centralbedfordshire.gov.uk and search 'Protecting Vulnerable Adults'
0300 300 8303 (in office hours) and 0300 300 8123 (out of hours)

Central Bedfordshire Council Children's Safeguarding
Go to www.centralbedfordshire.gov.uk and search 'Child Protection'
0300 300 8585 (in office hours) and 0300 300 8123 (out of hours)

The Chrysalis Centre - enquiries@chrysaliscentre.net
Offer a programme of interventions to break the cycle of domestic abuse with perpetrators. For adults and young people
www.chrysaliscentre.net

Emergency Department Navigators
For those presenting at hospital, age 12-25 linked to exploitation/violence

Central Bedfordshire Council Youth Support Service
Go to www.centralbedfordshire.gov.uk and search 'Youth Support Service'
0300 300 8352 or youth.services@centralbedfordshire.gov.uk
Age 13-19 (or up to 25 for SEND)

Groundwork - 0121 236 8568
Youth centres providing support, advice and guidance to young people.
www.groundwork.org.uk/projects/youth-centres

Growing Resilience in Teens (GRIT)
Early intervention and coaching for those aged 11-24.
www.gritcharity.org

Respect Young People's Service (RYPS) - YPS@respect.uk.net
Intervention for families with young people aged 8-18 who are being abusive or violent. www.respectyps.org.uk

Violence and Exploitation Reduction Unit (VERU)
A network of agencies and groups aiming to tackle the root causes of societal issues affecting young people. www.bedsveru.org

Crisis

Mental Health Crisis Cafes
In Central Bedfordshire, Bedford, Luton and Milton Keynes
Go to www.elft.nhs.uk/services and search 'Crisis Cafe'

Samaritans - 116 123
www.samaritans.org or jo@samaritans.org

MIND
0300 1233 393 or www.mind.org.uk

Stay Alive app
Download from the App Store on your mobile device. More information at www.prevent-suicide.org.uk/find-help-now/stay-alive-app

Shout / Reflect
For those aged 25+: Text 'SHOUT' to 85258 to start a conversation with a trained volunteer
For those aged 11-25: Text 'REFLECT' to 85258 to start a conversation with a trained volunteer

Children and Young People

Sorted Counselling - 01582 674442
www.sortedbedfordshire.org.uk

CAMHS - 01234 893301
www.elft.nhs.uk/services/north-bedfordshire-camhs?ID=201

FACES - 01234 280601
www.facesbedford.org/specialist-support

CHUMS - 01582 863924
www.chums.uk.com/children_and_young_people

PoetsIn
www.poetsin.com

Relate - 01234 356350
https://www.relate.org.uk/

Embrace
0345 609 9960 or embracecvoc.org.uk
Embrace are solely focused on supporting children, young people and families who are victims of serious crime.

Bedfordshire Open Door - 01234 360388
For those age 13-25 in Bedford Borough and North Central Bedfordshire
www.bedfordopendoor.org.uk

Aquarius
ypbedfordshire@aquarius.org.uk
0330 008 3925

Young Minds
www.youngminds.org.uk/young-person

The Mix
www.themix.org.uk

A range of local and national support options for those experiencing domestic abuse or concerned about their own behaviours are available at www.bedsdv.org.uk