

0-19 Single Point of Access (SPA) Team

Children's Services
Woburn Court
Railton Road
Kempston
Bedfordshire
MK42 7PN

Tel: 0300 555 0606

Email: ccs.beds.childrens.spa@nhs.net

www.cambscommunityservices.co.uk

Dear School Staff, Parents and Young People

We understand that this is a difficult time for everyone please find a list of services that are offering support with emotional wellbeing.

Single Point of Access – 0300 555 0606 - The 0-19 service is operating an essential service, (Monday – Friday 9am – 4.30pm, except bank holidays).

Chathealth – School Nurse text support service - Text 07507331450 to speak with a school nurse for any emotional support or health advice (Monday – Friday 9am – 4.30pm, except bank holidays).

Parentline – Health Visitor text support service Text 07507 331456 to speak to a Health Visitor (Monday – Friday 9am – 4.30pm, except bank holidays).

Childline (children's telephone counselling or online) – Ring 0800 1111 or visit their website www.childline.org.uk

Young Minds - If you are a young person experiencing a mental health crisis, you can text the YoungMinds Crisis Messenger for free, 24/7 support. Text YM to [85258](https://www.youngminds.org.uk/crisis-messenger).

Kooth – Online free counselling service for children and young people www.kooth.com

Samaritans - 24 hour confidential listening and support for anyone who needs it. (Parents/carers included.)

Email - jo@samaritans.org

Phone 116 123 (24 hours)

If you are concerned about the immediate health or safety of yourself or your child please consult NHS 111, your GP or A&E as appropriate.

We understand that the current situation with Coronavirus is causing anxiety, so these sites have specific information about caring for your mental health during this time.

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/?utm_medium=organic&utm_source=twitter&utm_campaign=info&utm_content=coronaviruswellbeing - Mind - coronavirus and wellbeing advice

Please continue to follow the government advice regarding managing symptoms, self-isolation and social distancing.

Yours sincerely

School Nurse Team