External Safeguarding Support

Children's Services (Social Care) If you think a child you know is being harmed or at risk of being harmed, please contact the Access and Referral Hub who you can talk to about your concerns. They will give you advice or may investigate the circumstances. All child protection calls are treated in confidence and you don't need to give your details.	The HUB: 0300 300 8585 Emergency out of hours: 0300 300 8123 Email: cs.accessandreferral@centralbedfordshire.gov
Single Point of Access – The 0-19 service is operating an essential service offering support with emotional wellbeing.	0300 555 0606 - (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).
NSPCC	0800 800 5000 https://www.nspcc.org.uk
Childline	0800 1111 https://www.childline.org.uk/
Samaritans	08457 90 90 90 https://www.samaritans.org/
Kooth online counselling for young people	kooth.com
CHUMS-Mental Health and Emotional wellbeing **for children and young people**-offers therapeutic support for children and young people with a variety of mental health and wellbeing needs.	01525 863924 http://chums.uk.com Email: info@chums.uk.com
CAMH-Provides outpatient assessments, support and treatment for children and young people up to the age of 18 experiencing moderate to severe mental health problems.	Central Bedfordshire CAMHS (South) 01582 707635 (available Monday to Friday, 9am to 5pm)
Support for domestic violence	https://www.womensaid.org.uk https://bedsdv.org.uk/ *Facebook: www.facebook.com/bedsdv* *Twitter: www.twitter.com/bedsdv* *Website: www.bedsdv.org.uk* *Email: BDAP@centralbedfordshire.gov.uk*
Parenting and family support	https://www.familylives.org.uk
Internet and online safety.	https://www.getsafeonline.org/safeguarding-children/ NSPCC Netaware https://www.net-aware.org.uk/ https://www.thinkuknow.co.uk/parents/