

**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](mailto:ccs.beds.childrens.spa@nhs.net)

[www.cambscommunityservices.co.uk](http://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). For young people age 11-19.

**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](http://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](http://www.kooth.com)

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

Email - [jo@samaritans.org](mailto: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](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