

- **Chathealth** – School Nurse text support service for 11-19 year olds – **Beds** – Text **07507 331450** to speak with a school nurse for any emotional support or health advice (Monday – Friday 9am – 4.30pm, except bank holidays). **Luton** – Text **07520 616070** to speak with a school nurse for any emotional support or health advice (Monday – Friday 9am – 4pm, except bank holidays).
- **Childline** (children’s telephone counselling or online) – Ring **0800 1111** or visit their website www.childline.org.uk
- **Law stuff** – Providing legal information to children and young people. <https://lawstuff.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.**
- **Young Minds** Crisis Messenger <https://www.youngminds.org.uk/youngminds-crisis-messenger/>