

# How you feel matters: Getting support in Luton

**IT IS IMPORTANT TO TALK:** Try talking to the school/college, a counsellor, doctor, friend, family or other trusted adult

**IF SOMEONE TALKS TO YOU:** Help them get help and get support yourself if you need it

## Need some information?

Talk to a teacher or trusted adult

**CHAT HEALTH-** Service for young people to co Chat Health - (School Nursing Team texting service) 07520 616070

**Childline** Tel: 0800 1111

**Luton Sexual Health – Young People Service**  
<https://www.lutonsexualhealth.org.uk/services/under-25s/> TEL: 01582 497070

**Resolutions Drug and Alcohol service.**  
<https://www.changegrowlive.org/resolutions-drug-alcohol-service-luton/vp> TEL: 08000546603



## How do you get help?

Talk to a teacher or trusted adult

**SHOUT** free, confidential,

24/7 text messaging support service for anyone who is struggling to cope.  
<https://giveusashout.org/> TEXT: REFLECT to 85258

**RELATE** free, confidential counselling for children, young people, couples and families. [www.relate.org.uk](http://www.relate.org.uk) TEL: 01234 356350

**CHUMS** mental health and emotional wellbeing service for children and young people.  
<https://chums.uk.com/> TEL: 01525 863924

**BEAT** National eating disorder charity with lots of resources and support.  
<https://www.beateatingdisordersorg.uk>

**Tokko Youth Space** 01582 544990  
[info@tokko.co.uk](mailto:info@tokko.co.uk)



## Do you need urgent support?

Call NHS 111 Option 2 - Open to people of all ages 24/7

A free helpline for people of all ages who need urgent mental health support. Young people can talk to a CAMHS professional directly who can arrange additional support

### IN AN EMERGENCY, DIAL 999

24/7 Children's Mentalhealth Crisis Service located in Children's Emergency Department at Luton & Dunstable Hospital



## Are you very unhappy and need help?

**CAMHS - Emotional & Behavioural Team**

**SOUTH BEDFORDSHIRE / LUTON CAMHS**  
<https://www.elft.nhs.uk/camhs/where-we-work/south-bedfordshireluton-camhs> TEL: 01525 63861

**Luton Sexual Health – Young Peoples Service**  
<https://www.lutonsexualhealth.org.uk/services/under-25s/>  
TEL: 01582 497070

**Resolutions Drug and Alcohol service.**  
<https://www.changegrowlive.org/resolutions-drug-alcohol-service-luton/yp> TEL: 08000546603

