

The service offers support in a variety of ways:-

- Family visit with a comprehensive assessment of child/young person to determine family needs
- Direct interventions with a child/young person at home or in school
- Group support for children/young people and/or their parent/carers
- Telephone advice and support for parents/carers, children/young people and professionals
- Face to face consultations for professionals
- Signposting to another agency if appropriate
- Training for professionals
- Supervision for professionals

As our service grows our aim is to offer extended services to support children, young people and their families in creative ways.

Our team of staff and volunteers come from a variety of disciplines and are all committed to making a difference to the lives of children and young people, helping them to feel less isolated and alone, giving them hope for the future.

If you think we may be able to help please contact:

CHUMS, Wrest Park Enterprise Centre,
Wrest Park, Silsoe, Beds MK45 4HS

Telephone: 01525 863924
E-mail: info@chums.uk.com

You can also refer via our website:
www.chums.uk.com

Our office is open from 9.00am to 5.00pm Monday to Friday.



CHUMS



**Emotional Wellbeing Support
Service for children up to the age
of 18 in Bedfordshire**



CHUMS Emotional Wellbeing Support Service is a new community based service in Bedfordshire, delivered on behalf of the NHS and offers support to children, young people and their parent/carers as well as professionals, helping to improve and promote positive mental health and emotional wellbeing in children and young people from birth up until their 18th birthday. This service is part of the wider organisation CHUMS which provides bereavement support and a trauma service to children and young people and their parent/carers.

CHUMS is a social enterprise, which is a community interest company, whose profits are reinvested into the service for the good of those we support. The emotional wellbeing support service is an extension to the support we currently provide in the community.



When to contact us

- If you have concerns about a child/young person's mental health or emotional wellbeing
- If a child/young person's behaviour has recently changed and is causing concern or they appear worried about any changes in their lives
- The difficulties appear to be mild to moderate in nature

If the issue is longstanding or more severe in nature, it may not be appropriate for our service, but we will be able to signpost you in the right direction.

Information you will be asked to give is;

- A brief outline of the presenting issue
- How long it has been evident
- What has already been tried
- What you would like as an outcome from our service

Possible presenting issues

- Low mood, depression, withdrawn behaviour
- Challenging behaviour (including anger, aggression)
- Anxiety (including generalised and separation anxiety, OCD, phobias, panic attacks)
- ADHD, autism or mild/moderate learning disabilities
- Low self esteem/self worth
- Changes in eating or sleeping pattern
- Relationship issues (with peers or family members)
- Worries about drugs/alcohol
- Emerging evidence of self harm

***Confidentiality** – there will be occasions when you may phone for advice without consent from the child/young person or their parent/carer. Although we will ask for some specific information such as age group, gender and ethnicity of the child, it is important that you do not give us the child's name.*