CHUMS delivers support across Bedfordshire (up to 18 yrs).

Service delivery
Support is offered through a variety of interventions:
- Triage phone call
- Guided Self-help
- Mental Health and Resiliency groups
- Full mental health assessment
- Therapeutic groups on a range of presenting issues
- Parent/carer groups
- Drop-ins
- Individual support
- Recreational therapeutic groups using football and music for those who may find it hard to engage

Following telephone consultation, children and young people will be offered interventions within CHUMS, or signposted to more appropriate services.

Getting In Touch

CHUMS Mental Health and Emotional Wellbeing Service for Children and Young People

Are you concerned about a child or young person?

Would they benefit from some support?

Would it be helpful for them to talk?

Head Office: Wrest Park Enterprise Centre, Wrest Park, Silsoe, Beds, MK45 4HS.

The office is open 9 am – 5 pm Monday to Friday

The service is free and confidential.

Call us on:

01525 863924

e: info@chums.uk.com

www.chums.uk.com
We have posters and business cards for promotion of our services, which can be provided upon request.

### Presenting Issues
We offer short term interventions to children and young people with a variety of mild to moderate mental health difficulties, including the following:

- Low mood
- Relationship difficulties
- Low self-worth
- Anxiety
- Bereavement (pre and post)
- Autistic Spectrum Disorder
- Specific fears or phobias
- Emerging OCD symptoms
- Mild forms of deliberate self-harm
- Single incident trauma
- Emotional regulation problems

### Online Referrals
Referring young people to our service is quick and easy. Visit our website:

[chums.uk.com/refer](http://chums.uk.com/refer)

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### Schools Support
- Peer consultation and training days for school staff on the most common presenting mental health difficulties
- Recreational therapeutic programmes using football and music as tools to engage
- Clinical interventions
- Access to resources and expertise

### Our Objectives
- Early identification and intervention
- Support to develop increased resiliency
- Increased accessibility through delivery in schools, community venues and the Connections bus
- Shared decision making to agree therapeutic goals
- Facilitate improved engagement in education
- To deliver holistic support, which may include the wider family

### Our Team
We have a multidisciplinary team of professionals from a variety of disciplines including, counselling, psychology, social work and play therapy who:

- Understand the issues that children and young people face
- Have the skills to effectively support them
- Work collaboratively with other providers
- Evidence outcomes

### Presenting Issues

- **“Encore” our music programme**
- **“Tactics” our football programme**
- **Anxiety group session**

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