

ONLINE WELLBEING SUPPORT FOR ISOLATED FAMILIES.

WHATSAPP SOLUTION FOCUSED AND
CBT SESSIONS FOR ISOLATED FAMILIES
AND YOUNG PEOPLE (AGE 12+).
DELIVERED BY BEDFORD BOROUGH
EARLY HELP PROFESSIONALS.

FRIDAY 3RD APRIL
TUESDAY 14TH APRIL

REFER VIA EMAIL:

BEN.SCOTT@BEDFORD.GOV.UK
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NOTE - WE ARE A CONSENT
BASED SERVICE ONLY (SO
FAMILIES MUST AGREE TO
BEING REFERRED), AND
CANNOT ACCEPT CASES
WITH SIGNIFICANT RISK E.G.
SUICIDAL THOUGHTS AND/OR
SELF-HARM.

