



BEDFORD
BOROUGH COUNCIL

Early Help Services

A Guide for Young People

What is Early Help?

Early Help means receiving help or speaking to someone about things that are important to you or that you are worried about before they become a bigger problem.

Why would I want Early Help?

There can be many reasons you might ask for Early Help. You might have some concerns about your health, education or your family and want to talk to someone who will listen.

Where can I get Early Help?

Early Help can be accessed in many ways. Through your schools or college, GP's and other children and young peoples services, and you can also get in touch with us directly using the Early Help contact details on this leaflet.

What will happen if I ask for Early Help?

You will be asked for more information about the difficulties that you are having. This will also include sharing what is going well for you and how we can build on that.

An Early Help Assessment (EHA) may be used to get a clearer picture of what is happening now and look at how we can move forward with agreed actions. This might include any other services that can help you to plan the future that you would like to work towards.



16+ Education Support

Education

Schools College

Keeping & Feeling Safe

Mental Health / Emotional Well-being Support

Health & Well-being

Drug & Alcohol Advice

Family & Young People

Domestic Abuse Support

Family Information Service

Inclusion Support

GP's

Confidentiality / Information Sharing

If you are aged 13 or over, we can work with you without parental consent. *
Only professionals who need to know about you and your family will receive information about you.

However there may be times where we need to share information with a service because:

- An adult is at risk of harm
- A child is at risk of harm
- A crime could be prevented or detected

Contact Us...

To speak to someone about Early Help call:

 **0800 023 20 57**

Or email us on: @ earlyhelp@bedford.gov.uk

Further information can also be found on the website:  <https://earlyhelp.bedford.gov.uk>



* This will require us to check your understanding of the services that we offer.