

Young Person's Sanctuary

Supporting young people with mental health across Bedford

there is always someone there who will listen

OPENING TIMES
See below

14-17yrs



A safe, non-judgemental, and relaxed space

Location:

CAMHS, 5-7 Rush Court, Bedford MK40 3JT

Monday - Friday (5.00pm - 10.00pm)
Saturday & Sunday (4.00pm - 10.00pm)



Where?



Bedford



To find out more:

 0300 330 0648

 yps@mind-blmk.org.uk

 mind BLMK

www.mind-blmk.org.uk

Charity No. 1068724