

Young Person's Sanctuary

Supporting young people with mental health across Bedford

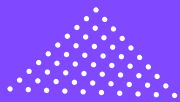
there is always
someone there
who will listen

**OPENING
TIMES**
See below

14-17yrs



A safe, non-
judgemental,
and relaxed space



Where?



Bedford

Location:

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

Monday - Friday (5.00pm – 10.00pm)

Saturday & Sunday (4.00pm – 10.00pm)



To find out more:

 **0300 330 0648**

 **YPS@mind-blmk.org.uk**