

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



Location:

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

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

**A safe, non-judgemental,
and relaxed space**

 **Mind BLMK**

www.mind-blmk.org.uk

Charity No. 1068724