



CAN'T WAIT TO TALK



Issues for young people which could impact their mental health

Poverty

Alcohol and drug dependency

Violence and abuse at home

Bereavement

Personal relationships

Difficulties at school

Social media bullying

Criminal and sexual exploitation

Troubled young people in Bedfordshire are waiting too long for counselling, sometimes with serious consequences. We, [The Rotary Club of Bedford Park](#) are crowdfunding to cut the waiting list.

Anxiety and depression aren't easy things for young people to talk about. During the Covid-19 pandemic, cases have become more complex, sometimes involving suicidal thoughts, trauma and self-harming.

Shortfalls in NHS funding mean that third-party providers of Talking Therapies (counselling) are taking the strain, but they can't keep up with the growing demand for their services.

Because waiting to see a trained counsellor is not always a safe option, our campaign is aimed at cutting waiting lists at Bedfordshire Open Door, our local counselling service for young people.

1 in 6

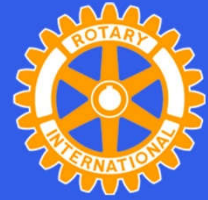
children aged five to 16 were identified as having a probable mental health problem (July 2020)

1 in 3

mental health problems in adulthood are directly connected to an adverse childhood experience



WHO WE ARE



ROTARY CLUB
OF BEDFORD PARK

The Rotary Club of Bedford Park has a strong reputation for fundraising and local activism. Formed in 1991, we have over 50 members who meet for breakfast once a week and provide practical and financial assistance to local charities and community initiatives. We are equally at home tidying gardens for dementia sufferers or organising big fundraising events.

<https://www.bedfordparkrotary.org/>

Bedfordshire Open Door is a UK Registered Charity (No. 1053008), registered and accredited with the British Association for Counselling and Psychotherapy, which provides free counselling for young people aged 13-25 who live in or near Bedford. Last year we helped 588 young people at our Bedford counselling centre, local schools and community venues.

<https://www.bedfordopendoor.org.uk/>

WHAT WE HOPE TO ACHIEVE

Bedfordshire Open Door currently has a waiting list of around 70 children and young people who have registered to receive counselling. By reaching our crowdfunding target we can reduce that list by 20-30.

Our initial target is £3,600 (\$5,000)

This will provide

- 240 one-hour face-to-face counselling sessions
- Counselling for 20 – 30 children and young people

Fewer than 1 in 3

children and young people with a diagnosable mental health condition get access to NHS care and treatment.

34%

of those who *do* get referred into NHS services are *not* accepted into treatment

HOW YOUR DONATIONS CAN HELP



The likelihood of young people having a mental health problem has increased by **50%** in the last three years

80% of young people with mental health needs agreed that the coronavirus pandemic had made their mental health worse

£15 will buy a one-hour session with a qualified counsellor.

By sponsoring one or more sessions, you will provide immediate help for an anxious or depressed young person.

£180 will buy a complete programme of 12 weekly counselling sessions for a single young person.

Bedfordshire Open Door's proven 12-session therapeutic model provides the time and space to work together creatively for lasting results.

URGENT!
THIS IS A TIME-LIMITED CAMPAIGN

Our crowdfunding campaign opens on **13 September** 2021 and closes on **30 September** 2021, so donations must be made before our closing date.

HOW CAN I DONATE?

You can donate online via Global Giving
<https://www.globalgiving.org/projects/accelerate-mental-health-recovery-in-bedford-youth/>

WHAT IS COUNSELLING?

Counselling is a talking therapy, and the process of talking to a professional in a confidential, non-judgemental and safe environment.

Bedfordshire Open Door has around 30 qualified counsellors, mostly volunteers with a small number of part-time paid counsellors.

One-to-one sessions typically last for one hour and take place at their Counselling Centre in Bedford, at local schools or community venues. Online and telephone counselling is also available.

WHO BENEFITS?

Young people aged between 13 and 25.

HOW ARE PEOPLE REFERRED?

Most are signposted via the NHS, schools, drug & alcohol agencies, police, local authorities, housing and voluntary and community sector. Bedfordshire Open Door encourages young people to self-refer and requires their permission before registering them.

WHAT ARE THE OUTCOMES?

Young people facing life challenges learn to identify their options and to develop positive coping strategies. This results in improved confidence and self-esteem; better relationships; reduced stress, worry and anxiety, greater resilience and ability to cope with problems.

“My therapist was lovely and helpful, and I feel like I can manage to continue my improvement on my own as I now have all the tools.”

“Since starting counselling I have become more patient with others and myself and I feel like a stronger person.”

“The staff are fantastic. They supported me through the most horrible period of my life.”

“I would recommend it to others who are struggling. I’m better with social situations.”

