

Luton & Bedfordshire Crisis Support

Help us to prevent the spread of coronavirus DO NOT go to A & E if you are in mental health crisis unless you need emergency medical

**Mental Health Crisis Support
 Weekdays 5-11pm & Weekends &
 Bank Holidays 7am-11pm
 Call NHS 111**



Access mental health crisis support from a trained mental health professional who can arrange urgent assessment at the Mental Health Assessment Hub or signpost you to another service that can help

24/7

TELEPHONE OR ATTEND

**Luton & South Beds Mental Health
 Assessment Hub
 Calnwood Court, Calnwood Road, Luton,
 LU4 0LX**

Tel: 01582 – 538631

where a trained mental health professional will be able to offer assessment and support 24/7

24/7

TELEPHONE OR ATTEND

**Bedford & Mid Beds Mental Health
 Assessment Hub
 Florence Ball House, Bedford Health
 Village,**

3 Kimbolton Road,

Tel: 01234-315691

where a trained mental health professional will be able to offer assessment and support 24/7

attention

Support is also available from

Crisis and Home Treatment Teams can be accessed by telephoning the Mental Health Assessment Hubs on the telephone numbers listed in the green boxes on the left.

Mind

Existing Services has been replaced with phone and/or email support on 0300 330 0648 or hq@mind-blmk.org.uk



Mind Crisis Cafes will now offer phone support on 01582 722225 Tuesday-Friday 5pm-11pm

Community Mental Health Teams

Still open Monday – Friday 9am-5pm providing duty contact, phone and video support, please use the usual number for your team

Samaritans

Face to face support will be replaced by phone or email support 24/7 on freephone

116 123



Or email io.samaritans.org

We care

We respect

We are inclusive