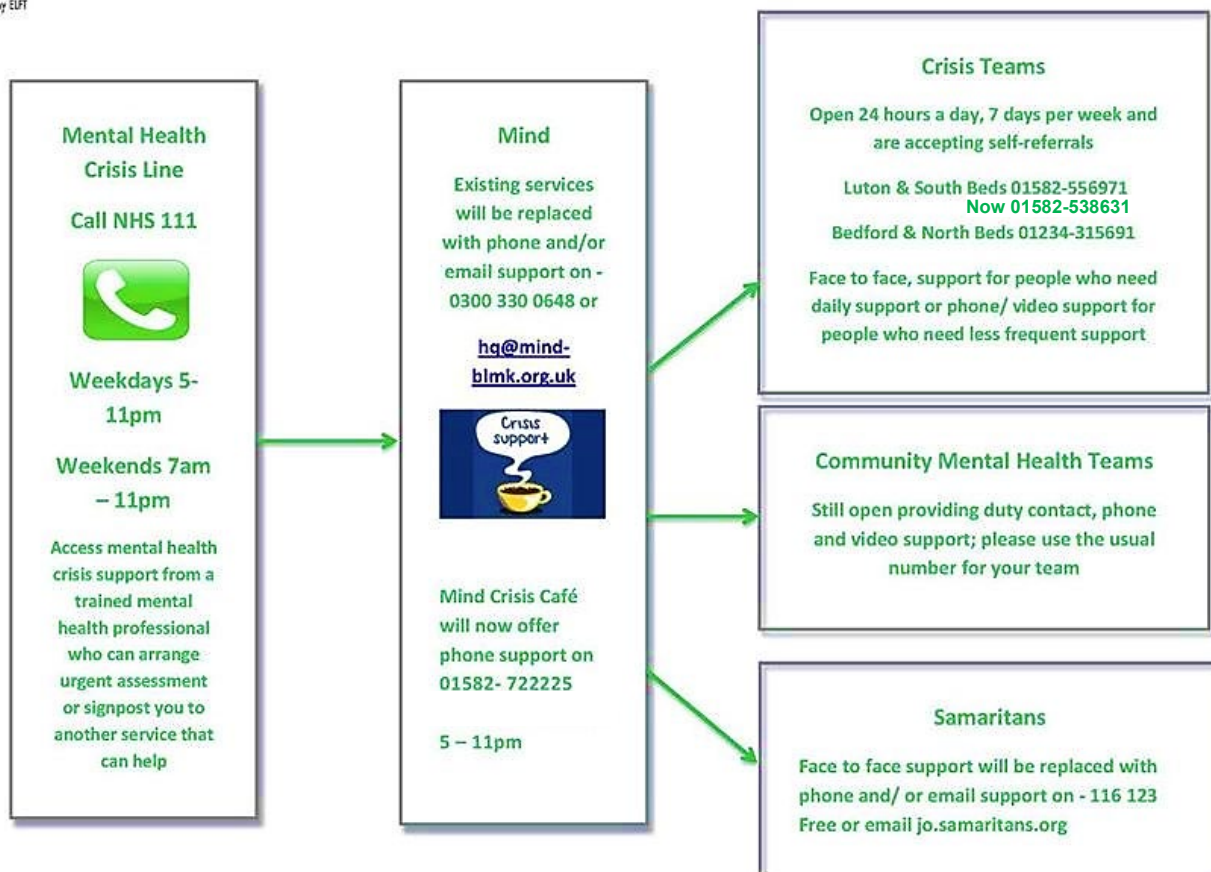


Mental Health and Wellbeing Central Beds and National Services during Coronavirus

Right now, it's natural that services will change. But don't be put off if they are only on the phone, or online, or if you have to wait longer. **Help is still out there.** If you need it quickly, this poster will tell you what to do -



Luton & Bedfordshire Crisis Support during Corona Virus



Local NHS Mental Health Services (All Ages - Children and young people may be referred to other services)

Bedfordshire Wellbeing Service	bedfordshirewellbeingservice.nhs.uk	01234 880400 Mon-Fri elt-tr.bedfordiapt@nhs.net
Crisis Team	Central Beds: call Luton and South Beds number >	Luton and South Beds 01582 538631 Bedford and North Beds 01234 315691

Mind BLMK Services (Adults)

General Enquiries	www.mind-blmk.org.uk Rufus Centre, Steppingley Rd, Flitwick, MK45 1AH	Support for adults (18+) 0300 330 0648 hg@mind-blmk.org.uk
Emotional and Wellbeing Support	Central Beds: call this number >	Sapphira Timperio, 07546 174124 Sapphira.Timperio@mind-blmk.org.uk
Crisis Café	Phone support across Bedfordshire	01525 722 225 7 evenings a week, 5-11pm

See next pages for many other services, including children and young people, and mental wellbeing apps >

Compiled on behalf of 'Amphill & Flitwick Community Lifeline' and 'Westoning Cares' by The Forum-Busy Getting Stronger:
theforumbqs@yahoo.co.uk 01525-714046

Details were correct at 4th Jan 2021, and will be updated as regularly as possible. Please contact services for their latest information.

Other Local Mental Health Services (All Ages)

If you need help quickly, please see the poster on page 1		
Alzheimer's Society Bedfordshire	Suite B2, Emerald Court, Pilgrim Centre, Brickhill Drive, Bedford, MK41 7PZ	0123 327 380 bedfordshireandluton@alzheimers.org.uk
Autism Bedfordshire	www.autismbedfordshire.net 1 Hammond Road, Bedford, MK41 0UD	Helpline: 01234 350704 (Mon-Fri 9-5) Enquiries: 01234 214871 enquiries@autismbeds.org
Caraline	caraline.com Kline House, 13 George St. West, Luton, LU1 2BJ	Eating Disorder support - Beds and Luton 01582 457474 admin@caraline.com
Dementia support through Carers in Bedfordshire	carersinbeds.org.uk Suite K, Sandland Court, Pilgrim Centre, Brickhill Drive, Bedford, MK41 7PZ	Call Carers in Beds for latest information New referrals welcomed. 0300 111 1919 contact@carersinbeds.org.uk
Relate (Beds & Luton)	www.relate.org.uk/bedfordshire-luton-relate 6 St Pauls Square, Bedford, MK40 1SQ	Families, Children and Young People 01234 356350, (you will be redirected to another branch during COVID-19) appointments@relatebedsandluton.org.uk
Tibbs Dementia	https://tibbsdementia.co.uk/service-timetable 5 Lansdowne Road, Bedford, MK40 2BY	Mon-Fri 9.30-3.30 01234 210993 contact@tibbsdementia.co.uk
Counsellors	Use counsellors registered with approved bodies, such as BACP (British Association for Counselling and Psychotherapy)	Enter your postcode to find your nearest BACP registered therapists: www.bacp.co.uk/search/Therapists

Local Mental Health Services for Children and Young People

If you need help quickly, please see the poster on page 1		
CAMHS (Child & Adolescent Mental Health Service)	www.elft.nhs.uk/service/189/Central-Beds-CAMHS-North Central Beds CAMHS (North), 24 Grove Place, Bedford, MK40 3JJ	01234 310800 By referral
Caraline	caraline.com Kline House, 13 George St. West, Luton, LU1 2BJ	Eating Disorder support - Beds and Luton 01582 457474 admin@caraline.com
Chathealth	www.cambscommunityservices.nhs.uk/Bedfordshire/services/school-nursing/chathealth-bedfordshire	11-19 years in Beds. Staffed by school nurses. Text 07507 331450. Mon-Fri 9:00 to 4.30 (except bank hols)
CHUMS (Mental Health and Emotional Wellbeing)	www.chums.uk.com Enterprise House, Wrest Park, Silsoe, MK45 4HS	Children, young people, families, mostly by referral. 01525 863924, or (during COVID) elft.spoebedfordshire@nhs.net
Open Door	www.bedfordopendoor.org.uk/contact-us 20 Tavistock St, Bedford MK40 2SA	13-25 in Bedford and Central Beds 01234 360388, text 07922 105200, or counselling@bedfordopendoor.org.uk
Relate (Beds & Luton)	www.relate.org.uk/bedfordshire-luton-relate 6 St Pauls Square, Bedford, MK40 1SQ	Families, Children and Young People 01234 356350, (you will be redirected to another branch during COVID-19) appointments@relatebedsandluton.org.uk
selfharmUK	www.selfharm.co.uk Bute Mills, 74 Bute St, Luton, LU1 2EY	Online support for 14-19 years www.selfharm.co.uk/alumina
Sorted	www.sortedbedfordshire.org.uk Grove Corner, 76a High St Nth, Dunstable, LU6 1LE	Counselling, 10-25 years, (currently for existing users only) 01582 891435 info@sortedbedfordshire.org.uk
TACTIC (Teenage Advice and Information)	www.tactic-centre.co.uk 17 Hockliffe St, Leighton Buzzard, LU7 1EZ	01525 373838 www.tactic-centre.co.uk/contact-us
Youthscape	www.youthscape.co.uk Bute Mills, 74 Bute St, Luton, LU1 2EY	Online support for 12-24 years 01582 877220 hello@youthscape.co.uk Digital Mentoring: www.youthscape.co.uk/digitalmentoring Digital Drop-Ins (School Years 9-13) www.youthscape.co.uk/digitaldropin

Local Support for Carers and Families

If you care for someone, whether their problems are about wellbeing or health, speak to one of these organisations.

Carers in Bedfordshire	carersinbeds.org.uk Suite K, Sandland Court, Pilgrim Centre, Brickhill Drive, Bedford, MK41 7PZ	Any carer for a family member or friend. New referrals welcomed. 0300 111 1919 contact@carersinbeds.org.uk
Carers Eating Disorders Association (CEDA)	www.facebook.com/CEDAsupportgroup Disability Resource Centre, Poynters House, Poynters Rd, Dunstable, LU5 4TP *	c/o Disability Res Centre: 01582 470970 cedaluton@gmail.com * Phone may change as Disability Resource Centre is moving from Poynters
FACES	www.facesbedford.org Church Lane Community Centre, 147 Church Lane, Bedford, MK41 0PW	Support for current families will continue, with limited new referrals 01234 270601 office@facesbedford.org
Home Start Central Bedfordshire	www.home-startcentralbeds.org.uk/childrens-charity-bedfordshire Downside Neighbourhood Centre, Dunstable, LU5 4AS	01582 660061 office@home-startcentralbeds.org.uk
Parentline	www.cambscommunityservices.nhs.uk/Bedfordshire/services/health-visiting/parentline	Parents and carers of those aged 0-19 Text 07507 331456.
PHEW Fouru	www.drcbeds.org.uk Disability Resource Centre, Poynters House, Poynters Rd, Dunstable, LU5 4TP* www.facebook.com/people/Phew-Fouru	disabilityadvice@drbeds.org.uk 01582 470900 * Phone may change as Disability Resource Centre is moving from Poynters
Relate (Beds & Luton)	www.relate.org.uk/bedfordshire-luton-relate 6 St Pauls Square, Bedford, MK40 1SQ	Families, Children and Young People 01234 356350, (you will be redirected to another branch during COVID-19) appointments@relatebedsandluton.org.uk
SNAP (Special Needs Action Panel)	www.snappcf.org.uk SNAP PCF, The Incuba, 1 Brewers Hill Road, Dunstable, LU6 1AA	Cent Beds Parent/Carer Forum 07984 545044 admin@snapcentralbeds.org.uk

Other Local Services, which can signpost to further information or support

If you are worried about other issues affecting you, such as disability, health, debt, housing, alcohol, drugs or abuse, speak to one of these organisations to point you to further information or support. Also see what support there is from small voluntary organisations, faith groups and COVID support groups in your area.

If you need help quickly, please see the poster on page 1		
AgeUK Bedfordshire	www.ageuk.org.uk/bedfordshire 78-82 Bromham Road, Bedford, MK40 2QH	01234 360510 and 24-hour answerphone enquiries@ageukbedfordshire.org.uk
Bedfordshire Community Health Services	Single point of access for health advice and support for families, including access to NHS clinicians	0300 555 0606 Mon-Fri 9-5
Bedfordshire NHS CCG (Clinical Commissioning Group)	www.bedfordshireccg.nhs.uk Capability House, Wrest Park, Silsoe, MK45 4HR	01525 864430 enquiries@bedfordshireccg.nhs.uk
Citizens Advice (Mid Bedfordshire)	www.midbedscab.org.uk - 10 Bedford Street, Ampthill, MK45 2NB - Century Hse, Market Sq, Biggleswade, SG18 8UU	Ampthill: 01525 402742 Biggleswade: 01767 601368 www.midbedscab.org.uk/get-advice/email-us or text 07594 639 574
Community Voluntary Service (CVS) - and - Voluntary Orgs. for Children, Young People & Families (VOCypf)	www.cvsbeds.org.uk/coronavirus www.cvsbeds.org.uk/vocypf 43 Bromham Road, Bedford, MK40 2AA	Large source of local info during COVID CVS: info@cvsbeds.org.uk VOCypf: info@voc-ypf.org Phone number for both: 01234 354366
Disability Resource Centre	www.drcbeds.org.uk Poynters House, Poynters Rd, Dunstable, LU5 4TP *Shortly moving from this address.	Wellbeing support Mon-Fri 9-4 01582 470900 / WhatsApp 07871 744157 hlw@drcbeds.org.uk
Healthwatch Central Beds (including Young Healthwatch)	www.healthwatch-centralbedfordshire.org.uk Capability House, Wrest Park, Silsoe, MK45 4HR	0300 303 8554 info@healthwatch-centralbedfordshire.org.uk Young Healthwatch: 07935 504 441 eleanor.ryles@healthwatch-centralbedfordshire.org.uk
Youth Support Service (Central Beds)	www.centralbedfordshire.gov.uk/children/youth-support/about/service.aspx Watling House, High St North, Dunstable, LU6 1LF	0300 300 6060 youth.services@centralbedfordshire.gov.uk

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theforumbgs@yahoo.co.uk 01525-714046

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National Mental Health Organisations (All Ages)

All services, (*except Mental Health and Money Advice), offer support, but if you need help quickly see the poster on page 1		
Alzheimer's Society	www.alzheimers.org.uk 43-44 Crutched Friars, London, EC3N 2AE	Dementia Connect help 0333 150 3456
Anxiety UK	www.anxietyuk.org.uk Nunes House, 447 Chester Road, Manchester, M16 9HA	03444 775 774 or Text 07537 416905 support@anxietyuk.org.uk
B-EAT (Beating eating disorders)	www.beateatingdisorders.org.uk Wensum House, 103 Prince of Wales Road, Norwich, Norfolk, NR1 1DW	Helpline (18+) - 0808 801 0677 help@beateatingdisorders.org.uk
Big White Wall	www.bigwhitewall.com	Online support guided by professionals.
CALM (Campaign against living miserably)	www.thecalmzone.net CALM, PO Box 68766, London, SE1P 4JZ	0800 585858 For men/young men. 5pm to midnight. 365 days a year.
Dementia UK	www.dementiauk.org 7th Floor, One Aldgate, London, EC3N 1RE	Dementia Helpline: 0800 888 6678 helpline@dementiauk.org
Mencap	www.mencap.org.uk 123 Golden Lane, London, EC1Y 0RT	Helpline: 0808 808 1111 (9-3 Mon-Fri) helpline@mencap.org.uk
Mental Health and Money Advice*	www.mentalhealthandmoneyadvice.org/en	Run on behalf of Rethink Mental Illness
Mind	www.mind.org.uk 15-19 Broadway, Stratford, London, E15 4BQ	Infoline: 0300 123 3393. Text 86463. info@mind.org.uk 9am to 6pm Mon to Fri or, from mid-May, join a new online support community: sidebysideonline@mind.org.uk
National Autistic Society	www.autism.org.uk 393 City Road, London, EC1V 1NG	Helpline: 0808 800 4104, or www.autism.org.uk/get-involved/about-us/contact-us.aspx
NoPanic	www.nopanic.org.uk Unit 3, 10 Oxford Street, Oakengates, Telford, Shropshire TF2 6AA	0844 967 4848 (10am-10pm - Charged)
Samaritans	www.samaritans.org	116 123 any time, or jo@samaritans.org.uk
SANE	www.sane.org.uk St. Mark's Studios, 14 Chillingworth Road, Islington, London, N7 8QJ	07984 967 708 support@sane.org.uk
Young Minds	www.youngminds.org.uk Suite 11, Baden Place, Crosby Row, London, SE1 1YW	Parent/Carer Helpline 0808 802 5544

National Mental Health Organisations (Children and Young People)

All services, (*except Health for Teens), offer support, but if you need help quickly see the poster on page 1		
B-EAT (Beating eating disorders)	www.beateatingdisorders.org.uk Wensum House, 103 Prince of Wales Road, Norwich, Norfolk, NR1 1DW	Youthline (under 18) - 0808 801 0711 fyp@beateatingdisorders.org.uk Studentline - 0808 801 0811 studentline@beateatingdisorders.org.uk
Childline	www.childline.org.uk NSPCC, Weston House, 42 Curtain Road, London, EC2A 3NH	0800 1111 any time, or chat through their website
Health for Teens*	www.healthforteens.co.uk	NHS General health support and info. Strategies for mental health self-care.
Kooth	www.kooth.com/signup	Online support. Mon-Fri: 12pm-10pm Sat-Sun: 6pm-10pm
NoPanic	www.nopanic.org.uk Unit 3, 10 Oxford Street, Oakengates, Telford, Shropshire TF2 6AA	Youth Helpline: 0330 606 1174 info@nopanic.org.uk
Papyrus (Prevention of Young Suicide)	papyrus-uk.org Unit 1, Lineva House, 28-32 Milner St, Warrington, Cheshire, WA5 1AD	HopelineUK: 0800 068 4141, Text: 07860 039967, or pat@papyrus-uk.org . 9am-10pm Mon-Fri / 2pm-10 other days.
selfharmUK	www.selfharm.co.uk Bute Mills, 74 Bute St, Luton, LU1 2EY	Online support for 14-19 years www.selfharm.co.uk/alumina
Shout	www.giveusashout.org	Support any time: Text Shout to 85258
Student Minds	www.studentminds.org.uk 16-17 Turl Street, Oxford, OX1 3DH	info@studentminds.org.uk 01865 264168
The Mix	www.themix.org.uk PO BOX 7777, London W1A 5PD	Up to 25 yrs 0808 808 4994 (4pm-11pm) or www.themix.org.uk/get-support
Young Minds	www.youngminds.org.uk Suite 11, Baden Place, Crosby Row, London, SE1 1YW	Crisis Messenger - Text YM to 85258 ymenquiries@youngminds.org.uk

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Mental Wellbeing Apps

Sometimes it's good to have information at your fingertips anywhere, at any time, and anonymously. These apps offer everything from self-monitoring to counselling services. Please check their suitability for you and for your device. Most are free, but some add-ons may be charged for.

If you need help quickly, please see the poster on page 1		
Beat Panic	www.nhs.uk/apps-library/beat-panic Overcome panic attacks and anxiety wherever you happen to be	Recommended by NHS
BlueIce	www.nhs.uk/apps-library/blueice Helps young people manage their emotions and reduce urges to self-harm	Recommended by NHS
Calm Harm	https://calmharm.co.uk Reduce urges to self-harm and manage emotions in a more positive way	Recommended by Papyrus
Catch It	www.nhs.uk/apps-library/catch-it Learn to manage negative thoughts and look at problems differently	Recommended by NHS
Chill Panda	www.nhs.uk/apps-library/catch-it Use breathing techniques to help you relax more, worry less and feel better	Recommended by NHS
Cove	www.nhs.uk/apps-library/cove Create music to reflect emotions like joy, sadness and anger	Recommended by NHS
distrACT	www.nhs.uk/apps-library/distract Discreet access to info and advice about self-harm and suicidal thoughts	Recommended by NHS
eQuoo	www.nhs.uk/apps-library/equoo-emotional-fitness-game Adventure games designed by psychologists to help emotional fitness	Recommended by NHS
Feeling Good	www.nhs.uk/apps-library/feeling-good-positive-mindset Audio tracks to help relax your body and mind and build your confidence	Recommended by NHS
Headspace	www.headspace.com Mindfulness app plus new 'Sleepcasts'.	Recommended by Young Minds
leso	www.nhs.uk/apps-library/ieso Connect confidentially and securely with mental health therapists	Recommended by NHS
MeeTwo	www.nhs.uk/apps-library/meetwo Secure forum for teenagers wanting to discuss any issue affecting their lives	Recommended by NHS
MindShift	www.anxietybc.com/resources/mindshift-app For teens and young adults to cope with anxiety. Also has relaxation exercises.	Recommended by Young Minds
Mood Panda	moodpanda.com Interactive mood diary for young people.	Recommended by Papyrus
Moodtracker	www.moodtracker.com For tracking moods and sleep patterns.	Recommended by Young Minds
My Possible Self	www.nhs.uk/apps-library/my-possible-self Learn how to manage fear, anxiety and stress and tackle unhelpful thinking.	Recommended by NHS
Pacifica	www.sanvello.com Gives prompts for helpful strategies based on your feelings.	Recommended by Papyrus
Recovery Record	www.recoveryrecord.com Managing recovery from eating disorders.	Recommended by Young Minds
Rise Up and Recover	www.recoverywarriors.com/app CBT-based, for people struggling with food, dieting, exercise and body image.	Recommended by Young Minds
SilverCloud	www.nhs.uk/apps-library/silvercloud Free 8-week course to help you manage stress, anxiety and depression	Recommended by NHS
Sleepio	www.nhs.uk/apps-library/sleepio Online sleep improvement programme	Recommended by NHS
Sleepstation	www.nhs.uk/apps-library/sleepstation Connect with a team of sleep experts. Free with GP referral.	Recommended by NHS
Stay Alive	www.prevent-suicide.org.uk/find-help-now/stay-alive-app Suicide safety, with a mini safety plan, helpful resources, and phone numbers.	Recommended by Papyrus
Stress & Anxiety Companion	www.nhs.uk/apps-library/stress-anxiety-companion Breathing exercises, relaxing music and games	Recommended by NHS
Student Health App	www.nhs.uk/apps-library/student-health-app Reduce your worries, feel more confident and get student health information	Recommended by NHS
SuperBetter	www.superbetter.com/how_it_works For age 13+, created by game designers.	Recommended by Young Minds
ThinkNinja	www.healios.org.uk/services/thinkninja1	Recommended by Healthwatch Cent Beds
Thrive	www.nhs.uk/apps-library/thrive Games to track your mood and teach methods to control stress and anxiety	Recommended by NHS
WorryTree	www.nhs.uk/apps-library/worrytree Record and manage worries using cognitive behavioural therapy techniques.	Recommended by NHS