

# 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**

**attention**



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. Open to people of all ages, 24/7.

Support is also available from

**24/7**

**TELEPHONE OR ATTEND**

**Luton & South Beds Mental Health Assessment Hub**  
 Calnwood Court, Calnwood Road, Luton, LU4 0LX  
 Tel: NHS 111, option 2

Where a trained mental health professional will be able to offer assessment and support 24/7. Open to people of all ages.

**24/7**

**TELEPHONE OR ATTEND**

**Bedford & Mid Beds Mental Health Assessment Hub**  
 Florence Ball House, Bedford Health Village,  
 3 Kimbolton Road, Bedford. MK40 2NT.  
 Tel: NHS 111, option 2

Where a trained mental health professional will be able to offer assessment and support 24/7. Open to people of all ages.

## Crisis Resolution and Home Treatment Teams -

can be accessed by telephoning the usual number for the teams or NHS 111, option 2

## Mind

Existing Services have been replaced with phone and/or email support on 0300 330 0648 or [hq@mind-blmk.org.uk](mailto:hq@mind-blmk.org.uk)



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

## Community Mental Health & CAMHS 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 [jo@samaritans.org](mailto:jo@samaritans.org)