

# 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. Open to people of all ages.

**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. 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: 01234-315691**

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

*We care We respect*

**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](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)