

# **Luton & Bedfordshire Crisis Support during Corona Virus**

Mental Health
Crisis Line

**Call NHS 111** 



Weekdays 5-11pm

Weekends 7am
- 11pm

Access mental health crisis support from a trained mental health professional who can arrange urgent assessment or signpost you to another service that can help

#### Mind

Existing services will be replaced with phone and/or email support on - 0300 330 0648 or

hq@mindblmk.org.uk



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

#### **Crisis Teams**

Open 24 hours a day, 7 days per week and are accepting self-referrals

**Luton & South Beds 01582-556971** 

Bedford & North Beds 01234-315691

Face to face, support for people who need daily support or phone/ video support for people who need less frequent support

### **Community Mental Health Teams**

Still open providing duty contact, phone and video support; please use the usual number for your team

## **Samaritans**

Face to face support will be replaced with phone and/ or email support on - 116 123 Free or email jo.samaritans.org