

Mental Health Support in Luton

There is no need to feel alone, support is there for you.

East London Foundation Trust

Crisis resolution/home treatment.

Call: **01582 538631** or in a crisis call **111** (option 2)

Luton All Women's Centre

Call: **01582 416783** or email: support@lawc.co.uk

Resolutions

Drug and alcohol service.

Call: **0800 054 6603** or **01582 965 123** (Recovery Hub)

Total Wellbeing Luton

Support for physical and emotional wellbeing.

Call: **0300 555 4152** or self-refer at: www.totalwellbeingluton.org

Email: info@totalwellbeingluton.org

Shout

Free, confidential 24/7 text messaging support service for anyone who is struggling.

Text 'Shout' to **85258**

www.giveusashout.org

Saneline

Call: **0300 304 7000** (6pm – 11pm)

Aanchal

Crisis line for Asian women experiencing domestic abuse.

Call: **0845 451 2547**

Bedfordshire and Luton Recovery College (East London Foundation Trust)

Online courses around mental wellbeing and more.

Call: **01582 708917** or email: elft.recoverycollege@nhs.net

CAMHS (Children and Adolescent Mental Health Services)

Call: **01582 708140** (9am – 5pm Monday – Friday)

CHUMS

Mental health/emotional wellbeing for children and young people.

Call: **01525 863924** or email: info@chums.uk.com

Stepping Stones (Luton)

Support for women who have suffered domestic abuse and are vulnerable to substance misuse.

Call: **01582 457114** or email: hello@steppingstonesluton.org.uk

Mind Bedfordshire Luton and Milton Keynes (Mind BLMK)

For support with your mental health visit the website below and click on 'Luton Services' tab for up-to-date contacts.

www.mind-blmk.org.uk

Penrose

Support for offenders and people with emotional or personality problems.

Call: **01582 343230** or email: luton@penrose.org.uk

Samaritans

Call: **116 123**

Kooth

Safe, free, anonymous online support for young people.

www.kooth.com

Accident and Emergency

Visit Luton and Dunstable University Hospital, Lewsey Road.

Call: **111** if you have an urgent medical problem and aren't sure what to do.

Call: **999** if there's a medical emergency where someone is seriously ill or injured and their life is at risk.

No Panic

Advice and support for people living with phobias, OCD and anxiety-based disorders.

Call: **0844 967 4848** (10am – 10pm)

The Silver Line

24/7 helpline for older people.

Call: **0800 470 8090**

Papyrus UK

The UK Charity for the prevention of young suicide (under 35).

Call: **0800 0684141** (9am – 12am, 365/year)

Keech Hospice

Providing support for carers and bereavement support.

Call: **01582 492339**

Young Minds (Child and Adolescent Mental Health Service)

Mental health support for young people and parents.

Call: **0808 802 5544**

Luton

NHS
Bedfordshire, Luton
and Milton Keynes
Clinical Commissioning Groups

Total
Wellbeing
Luton

team
BEDSLUTON
activity for life...

act*ive*
LUTON