

# Bedford Crisis Support Numbers

## Mental health and wellbeing: Need help?



1. Dial 111
2. Choose option 2, when prompted
3. Answer a few questions over the phone

You'll then receive fast and responsive support from NHS mental health professionals, which can include a same-day mental health assessment, if needed. NHS 111 is the first point of contact for any adult, child or young people in urgent need of mental health help. Alternatively, you can make an urgent appointment with your GP to discuss options on how to get the support you need quickly. **If you feel yourself or others are at imminent risk of physical harm or you have harmed yourself or someone else, or are worried that you might, PLEASE Call 999 or attend A&E in a mental health emergency**

### Samaritans



Whatever you're going through, Samaritans will face it with you. They are available 24 hours a day, 365 days a year.

**Telephone: 116 123.** Email: [jo@samaritans.org](mailto:jo@samaritans.org)

### Shout



**Shout** is a free, confidential, text support service for anyone in the UK who is struggling to cope. It's open 24 hours a day, 7 days a week. **Text 'SHOUT' to 85258 (24/7)**

### MIND



**MIND BLMK** is a local mental health charity, with a positive and holistic approach to promoting mental wellbeing.

**Telephone: 0300 330 0648** Email: [hq@mind-blmk.org.uk](mailto:hq@mind-blmk.org.uk)

Bedford Crisis Cafés <https://www.mind-blmk.org.uk/how-we-can-help/bedford/recovery-lounge-bedford/> The service operates from 5pm-11pm

**THURSDAY** - Bedford Wellbeing Centre, 3A Woburn Road, Bedford MK40 1EG

**SUNDAY** - Florence Ball House, Kimbolton Road, Bedford MK40 2PU