CRISIS SUPPORT ORGANISATION PAGE

We all know that life can be tough and at times things can get on top of us. If you feel that you are in crisis it is worth knowing how you can quickly access help day or night. Please find below some services that you can contact if you feel overwhelmed or unsafe. You might also want to think about who you have in your circle of friends or family that you can contact when you need extra support or comfort. Please do also let your therapist know if you are struggling with the psychological aspects of your illness and they will do their best to help you make a safety plan.

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| Samaritans – Mental Health At Work | **Call**: 116 123 (free)  **Email** (response time 24 hours): [jo@samaritans.org](mailto:jo@samaritans.org)  Download their Self-help APP | * One to one * Available **24/7** * A non-judgemental listening ear |
| Bedford and Mid-Bedfordshire Crisis Team | **Call** 111 (option 2) (free) | * Available **24/7** * Operates two 24hr urgent mental health assessment hubs in Bedfordshire and Luton (see below) |
| **Luton and South Beds Mental Health Assessment Hub** | **Walk in:** Calnwood Court, Calnwood Road, Luton, LU4 0LX  **Call** 01582 538631  (Phone calls from UK landlines are charged at local rates.) | * A trained mental health professional will be able to offer assessment and support **24/7.** * Direct telephone support. * Direct walk-in support for anyone who feels they cannot cope and should be used instead of A&E for mental health crisis help. |
| **Bedford & Mid Beds Mental Health Assessment Hub** | **Walk in:** Florence Ball, Bedford Health Village, 3 Kimbolton Road, Bedford, MK40 2NX **Call** 01234 315691  (Phone calls from UK landlines are charged at local rates.) |
| C:\Users\stuarti\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\2487FC73.tmp | **Call:** 0300 123 3393  (Phone calls from UK landlines are charged at local rates.)  **Email** : [info@mind.org.uk](mailto:info@mind.org.uk) | * An information and signposting service. * Available **9am to 6pm (Mon – Fri** except for bank holidays) |
| SHOUT | Heads Together | **Text** ‘SHOUT’ to 85258 to start a conversation (free) | * Available **24/7** * Text service |
| Your GP | **Call** 111 and ask for an urgent GP Appointment. (free) | * If you are not able to speak to the hubs listed above. * You need help urgently but it is not an emergency OR you are not sure what to do. |
| TABI (Triage, Assessment and Brief Intervention)  *(Bedford only)* | **Walk in:**  Bedford Health Village  Kimbolton Road,  Bedfordshire Bedford MK40 2NX  **Call:** 01234 275425  **Email**: [elt-tr.bedfordtriagecmht@nhs.net](mailto:elt-tr.bedfordtriagecmht@nhs.net) | * Available **9am-5pm (Mon- Fri)** * Offer assessment and brief intervention for people of working age (18-65 years) with mental health and social care needs living and registered with a GP in the borough of Bedford. * Will provide a prompt response to referrals from any source & enable access to care and support needs. |
| A & E | **Walk in:** A & E or  **Call** 999 (free) | * Only if your life is at risk – for example seriously injured yourself, or taken an overdose OR you do not feel you can keep yourself safe. |