

Luton & Bedfordshire Crisis Support during Corona Virus

Mental Health Crisis Line

Call NHS 111 Option
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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@mind-
blmk.org.uk](mailto:hq@mind-blmk.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

Call 116 123 Free or email jo.samaritans.org