

CRISIS CONTACT

In an emergency or out of hours, if you have harmed yourself or someone else, or are worried that you might, go to:

- **Luton & Dunstable Hospital**
Accident and Emergency Unit,
Lewsey Road, Luton, LU4 0DZ
Call **01582 491166**
- **NHS and other services**
Or you can contact your GP on the usual number during surgery hours. Outside of surgery hours call **NHS Direct 111**.

HELPLINES

- **Samaritans 0845 790 9090**
(24hr crisis line for people contemplating harming themselves).
- **Saneline 0845 767 8000**
Every day from 6pm-11pm
(Practical information, crisis and emotional support)
- **No Panic 0800 138 8889**
Every day from 10am-10pm
(For people experiencing panic or anxiety problems)
- **Aanchal Women's Aid 0845 451 2547**
(24hr crisis line for Asian women experiencing domestic abuse.)

LOCAL CHARITIES

- **CHUMS: 01525 863924**
Mental Health & Emotional Wellbeing Service for Children & Young People
- **Stepping Stones 01582 457114.**
For women who have suffered abuse, who are vulnerable due to substance misuse, offending, mental health conditions and/or involved with Local Authority Children's Social Care.
- **Penrose Synergy: 01582 343230.**
Focusing on prevention, relapse & reintegration.
- **Nyabingi: 01582 722711.**
Self-help initiative run by and for people with mental health problems from African and Caribbean backgrounds.
- **Caraline: 01582 457474.**
Confidential counselling and support service for people with eating disorders.
- **Cruse: 01582 595300.**
Offers bereavement support
- **CEDA Support Group: cedaluton@gmail.com.**
Support group for carers of loved ones with an eating disorder
- **Music24: 07521 248091**
Music therapy and music related activities for those living with dementia, learning disabilities or mental health.
- **Youth Counselling Service: Tokko Centre 01582 544990**
Free counselling service for clients Aged between 10-21 years.

LUTON SERVICES



**Trend House, Dallow Road, Luton,
LU1 1LY. 01582 393130**

Luton Wellbeing Service are here to help. Whatever the cause of your anxiety or depression, sharing your problems could be the first step to recovery.

Through talking therapies Luton Wellbeing Service will help to get to the root of your problems and to manage and overcome your difficulties.



Simply fill out a quick and secure online form and Luton Wellbeing Service will then contact you to arrange your first talking therapy consultation. Find the online form at www.lutonwellbeingsservice.nhs.uk.



Or if you prefer to speak to someone by phone then contact the Luton Wellbeing Service on **01582 393130**.

Monday/Friday: 8am-5pm;
Tuesday-Thursday: 8am-8pm



Alternatively, you can talk to your own GP who can offer advice on how talking therapies can help. He/She can also contact us on your behalf to refer you for treatment.

**46-56 Dumfries Street, Luton,
LU1 5BP. 01582 380002.**
www.mind-blmk.org.uk/luton

Opening Times:

Monday	12pm-3pm & 6.30pm-9pm
Wednesday	10.30am-3pm
Friday	11am-3pm

Access to Services

Accessing MIND's services is simple. You don't have to be referred or have a formal diagnosis—if you feel they can help, you can complete their online form or contact them by telephone for more information. Mind BLMK offers a range of services aimed at meeting individual needs and promoting mental health recovery, wellbeing and independence. Their centre is a hub for a variety of activities from a range of partners and projects which are run by their warm and welcoming staff.

Services

- Anti-social Behaviour Service;
- Mentoring 1 to 1 support;
- WorkShop provides support at home;
- Memorial Park Restoration Project
- Supporting Men's Sexuality
- TOAST Café
- Carers Café
- SEMLEP Support into Employment



Five Pathways to Wellbeing

Our Minds Matter promotes the Five Pathways to Wellbeing. It's a simple and effective approach to improve your own mental health. Just like physical health there are lots of things we can do to keep our mind healthy.



1. Connect with People

By connecting with the people around you it will help you when you need support or someone to talk to. No-one should ever feel that they are alone.



2. Be Active

Go for a walk, cycle or run or just simply step outside for some fresh air. Exercising makes you feel good and releases happy hormones. Find out which exercise your body likes most and share with others.



3. Take Notice

Catch sight of the beautiful scenery around you. Remark on the unusual. Notice the changing seasons. Take in the environment and be aware of the world around you and what you are feeling. Keep a mental health diary of happy moments.



4. Keep Learning

Try something new. Rediscover an old interest. Sign up for that course. Learn how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident.



5. Give

Thank someone. Smile. Volunteer your time. Give back to the community. Support someone with their shopping or gardening. This will make you feel good and will also attract positive energy to you and those around you.

Your time,
your words,
your presence

USEFUL CONTACTS

- **ACTIVE LUTON**
www.activeluton.co.uk
- **VOLUNTARY WORKS**
www.voluntaryworks.org
- **www.reading-well.org.uk**
List of health & wellbeing books available at Luton libraries
- **PARK RUN**
www.parkrun.org.uk/lutonwardown
- **NYABINGI** (see under charities)
- **RECOVERY COLLEGE**
recoverycollege@elft.nhs.uk
- **MENTAL HEALTH FIRST AID**
info@ourmindsmatter.org.uk
- **SUSTRANS LUTON HEALTH WALKS**
01582 813018/07787 768738