

NHS help and support in Bedford

NHS help and support continues to be available across Bedford Borough through our mental health and community health services.

Caring healthcare professionals are available at the end of the phone to help you or your loved ones.

**24hr mental health
crisis support
for all ages**

Call NHS 111



111.nhs.uk

Bedfordshire Community Health Services (BCHS)

Tel: 0345 602 4064 (Single Point of Access contact centre)

Bedfordshire and Luton Recovery College

Mental health recovery and wellbeing. Online classes and workshops available.
Email: elft.recoverycollege@nhs.net
Tel: 01234 263621

Bedford Older Adults CMHT

Mental health support for service users already registered with teams.
Tel: 01234 880345

Bedfordshire Wellbeing Service

Talking therapies. Telephone and online support available.
Email: elt-tr.bedfordiapt@nhs.net
Tel: 01234 880400

CAMHS Bedford Borough

Mental health support for children and young people. Open to self-referrals.
Tel: 01234 893301/01234 893300
Email: elft.spoebedfordshire@nhs.net

Early intervention in Psychosis

Support for people aged 14–64 inclusive experiencing their first episode of psychosis. Open to self-referrals.
Tel: 01234 315690
Email: elt-tr.bedseis@nhs.net

Community Mental Health Teams (CMHTs) for adults

Mental health support for service users already registered with teams.
Tel:
01234 310465 (Bedford Triage, Assessment and Brief Intervention – TABI)
01234 880411 (Bedford MDT Review Team)
01234 880433 (Bedford Adult Recovery CMHT)

Path 2 Recovery (P2R)

Drug and alcohol advice and support service.
Tel: 0333 332 4019
Email: elt-tr.p2rdunstable@nhs.net

Perinatal Community Mental Health Service

Specialist care for women with mental health problems who are pregnant, in the first year after birth, or who are considering pregnancy.
Ask health and social care professionals – GPs, community psychiatrists, obstetricians, midwives, health visitors and social workers – to refer you if you need help.

Bedfordshire Dementia Intensive Support Service (DISS)

Specialist support to those living with dementia, as well as the family, carers and professionals caring for those with dementia.
Tel: 07880 078843
Email: elft.diss@nhs.net

Bedford Memory Assessment

Support for people who are concerned that they may have a memory problem.
Your GP can contact the service to organise an appointment for you