

# NHS help and support in Central Bedfordshire

NHS help and support continues to be available across Central Bedfordshire 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**

## **The Lighthouse – Leighton Buzzard**

Free community mental health 'safe space' providing help and support.

Tel: 07939 931622

(Monday 5.30–9pm, Tuesday 5.30–9pm, Fridays 5.30–9pm)

## **Bedfordshire Wellbeing Service**

Talking therapies. Telephone and online support available.

Email: [elt-tr.bedfordiapt@nhs.net](mailto:elt-tr.bedfordiapt@nhs.net)

Tel: 01234 880400

## **CAMHS Dunstable and Mid Bedfordshire**

Mental health support for children and young people. Open to self-referrals.

Tel: 01234 893301 (Mid Bedfordshire) 01582 707635 (Dunstable)

Email: [elft.spoebedfordshire@nhs.net](mailto:elft.spoebedfordshire@nhs.net) (Mid Bedfordshire)

[Elft.Luton-CAMHS-Referrals@nhs.net](mailto:Elft.Luton-CAMHS-Referrals@nhs.net) (Dunstable)

## **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](mailto:elt-tr.bedseis@nhs.net)

## **Community Mental Health Teams (CMHTs) for adults**

Mental health support for service users already registered with teams.

Tel:

01582 709200 (Dunstable)

01525 758400 (Amphill)

01525 751133 (Leighton Buzzard)

01767 224922 (Biggleswade)

## **Bedfordshire Community Health Services (BCHS)**

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

## **Older People's CMHTs**

Mental health support for service users already registered with teams.

Tel:

01767 224181 (Mid-Bedfordshire)

01582 657588 (South Bedfordshire)

## **Bedfordshire and Luton Recovery College**

Mental health recovery and wellbeing. Online classes and workshops available.

Email: [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net)

Tel: 01234 263621

## **Path 2 Recovery (P2R)**

Drug and alcohol advice and support service.

Tel: 0333 332 4019

Email: [elt-tr.p2rdunstable@nhs.net](mailto: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](mailto:elft.diss@nhs.net)

## **Memory Assessment (Central and South Beds)**

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