

NHS help and support in Luton

NHS help and support continues to be available across Luton through our mental 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 and Luton Recovery College

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

Luton Older People's CMHT

Mental health support for service users already registered with teams.
Tel: 01582 656529

Community Mental Health Teams (CMHTs) for Adults

Mental health support for service users already registered with teams.

Tel:
01582 708614 (Dallow Downs team)
01582 708617 (Brantwood)
01582 708610 (Stockwood)
01582 708609 (Wardown)

CAMHS Luton

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

Tel: 01582 708140
Email: Elft.Luton-CAMHS-Referrals@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

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.

Luton 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.

