

Mental Health Support for families this Summer.

Our Door is always open for you!

Mind BLMK's Crisis Cafés
Supporting people across Bedfordshire, Luton & Milton Keynes

Where?



Houghton Regis



Location:
Townsend Court, Mayer Way,
Houghton Regis, Bedfordshire LU5 5BF
Open 5pm - 11pm (Saturday - Wednesday)

 To find out more:
☎ 01525 722225
✉ crisiscafe@mind-blmk.org.uk

 **Mind BLMK**
www.mind-blmk.org.uk
Charity No. 1068724




Mental Health Drop-In Service

by
CAMHS Bedfordshire's Community Access Services (CAS)

Summer Holidays can be hard without the usual routines and the support from school.

In August 2024, CAMHS CAS are offering a drop-in service to parents and carers of their children aged 5-18 who attend any Central Bedfordshire school to get advice and resources to support and promote positive mental health.



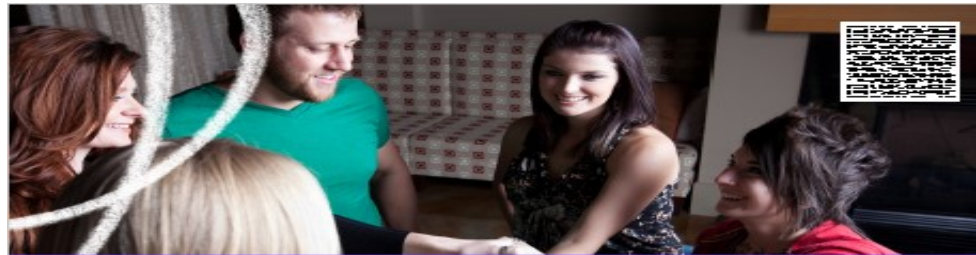
Please scan the QR code to reserve a space at our drop in or contact our clinic on 01582 707635 and leave your contact details and we will return your call.

All Summer Drop in sessions will be held between 4pm – 6pm on the following dates and venues below.

67 High Street North, Dunstable, Bedfordshire, LU6 3SD	Stratton Upper School, Eagle Farm Road, Biggleswade, SG18 8JB	Whichello's Wharf, The Elms, Stoke Road, Leighton Buzzard, Bedfordshire, LU7 2TD
Tuesday 30 th July 2024	Wednesday 31 st July 2024	Thursday 1 st August 2024
Tuesday 6 th August 2024	Wednesday 7 th August 2024	Thursday 8 th August 2024

A Level Results – Drop ins available at all venues on Thursday 15th August 2024
GCSE results – Drop ins available at all venues on Thursday 22nd August 2024

PLEASE NOTE THIS IS NOT A MENTAL HEALTH CRISIS SERVICE
If you or your child are experiencing a mental health crisis, please contact NHS on 111 and press Option 2 for the Mental Health Crisis Line (all ages.) In an emergency, you can also attend your local A&E and contact emergency services on 999



Central Bedfordshire Mind Matters

Mind Matters offers weekly groups across Central Bedfordshire for people to explore topics around wellbeing and mental health, in a safe, non-judgmental space.

Groups are structured and led by our Recovery Workers who deliver information and guidance on a wealth of different subjects which help attendees to learn new information, skills and tools to manage their mental health and wellbeing.

Topics may include the following, but are not limited to: self-esteem, resilience, healthy lifestyles, goal setting, managing stress, assertiveness, managing worries, hope, 5 ways to wellbeing, mindfulness, loneliness.

We also provide various self-led activities such as art and crafts that can help to support people with their mental wellbeing.

Group Locations

- Monday - Dunstable
- Tuesday - Leighton Buzzard
- Wednesday - Biggleswade
- Thursday - Ampthill

Mind Matters Evening Online Group

- Every Monday 18.30 – 20.00 via Zoom

How to access support

Referrals can be made by completing the referral form on our website.

For more information, please contact:

e: recovery@mind-blmk.org.uk
t: 0300 330 0648



Central Bedfordshire Peer Mentoring

Peer Mentoring is a goal orientated one-to-one service.

Peer Mentors are volunteers with a lived experience of their own mental health challenges and recovery, selected by Mind BLMK for their interpersonal and communication skills and trained to support you to create an action plan to work towards your goal/s.

A mentoring relationship is founded upon trust, mutual respect and confidentiality.

For more information, please contact:

e: hq@mind-blmk.org.uk
t: 0300 330 0648

How to access support

Referrals can be made by completing the referral form on our website.



I am grateful for all the help, advice and techniques that have been given to me





Central Bedfordshire Peer Support Service

Peer support is a term used to describe where people with a similar lived experience come together to provide emotional, social or practical help to each other.

In Mind BLMK, this means that people who have an experience of mental ill health can spend time together, connect, share experiences and ideas of what can help. This support can be helpful for all involved – those supporting can feel helpful, useful and involved and those being supported can feel less alone, isolated and understand that others have had similar experiences.

For more information, please contact:
 e: hq@mind-blmk.org.uk
 t: 0300 330 0648

Groups run weekly face-to-face from various locations across Central Bedfordshire.

How to access support
 Referrals can be made by completing the referral form on our website.



Peer support is working together.
 Everyone is helping everyone.

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 Charity No. 1068724

Feeling low?
 Overwhelmed?
 Worried?
 Talk to us.

Text REFLECT to 85258
 for free, confidential support, 24/7

Are you in a mental health crisis? 



**Call 111
 Option 2**

Mental health crisis support in Bedfordshire & Luton available **24/7** via **NHS 111** for **all ages**

CAMHS

The Child and Adolescent Mental Health Service (CAMHS)

CAMHS provides outpatient assessments, support and treatment for children and young people up to the age of 18 experiencing moderate to severe mental health problems. The service works to provide them with a greater knowledge of their condition and improve coping techniques.

Self-referrals are not accepted. Referrals are accepted from your GP, health professional, social worker, teacher or youth worker.

Central Bedfordshire CAMHS (North)

Telephone: 01234 310800 (available Monday to Friday, 9am to 5pm)

Central Bedfordshire CAMHS (South)

Telephone: 01234 893300 / 01234 893301 (available Monday to Friday, 9am to 5pm)

CHUMS

CHUMS mental health and emotional wellbeing service for children and young people offers therapeutic support for children and young people with a variety of mental health and wellbeing needs.

Telephone: 01525 863924

Email: info@chums.uk.com

REFLECT: For children and young people (up to 18 or 25 for those with additional needs) Text REFLECT to **85258** to start a free, confidential text conversation with a trained volunteer, who can help with issues such as:

Papyrus UK Hopeline

The Hopeline is for children and young people under the age of 35 who are experiencing thoughts of suicide, and for anyone concerned that a young person could be thinking about suicide.

Telephone: 0800 068 4141 (lines are open 24 hours every day of the year, including weekends and bank holidays)

Email: pat@papyrus.uk.org

Text: 07860 039967

Bedfordshire Talking Therapies

Self-referrals are accepted via the website or by telephone, or contact your GP to arrange a referral.

Its **wellbeing webinars** help support anyone who feels they might benefit from taking a first step in managing their current difficulties.

Telephone: 01234 880400 (8am to 8pm Monday, and from 8am to 5pm Tuesday to Friday.)

Email: elt-tr.bedfordiapt@nhs.net