

### Mind BLMK – Crisis Café

Our Crisis Café is available for everyone in Bedford, Luton, and Milton Keynes, between 5.00pm – 11.00pm each evening, 365 days a year.

### Emergency services- 999

If you or somebody else is at risk due to a mental health crisis, you should call 999 to get support from the police and/or ambulance service.

### National Debt Line- 0808 808 4000

All our advisers are experts in debt advice and our service is always free. We'll give you all the help and support you need to deal with your debts yourself.

### Mental Health Services Single Point of Access- 0800 0234 650

A Mental Health Crisis Line which offers emotional support and advice to people who require urgent mental health attention. It is open to people who haven't previously used mental health services and to carers and family members who might be concerned about someone (MK only).

### Non-emergency NHS helpline - 111

You should use the NHS 111 service if you urgently need medical help or advice but it's not a life-threatening situation.

### SWITCHBOARD LGBT+ 0300 330 0630

Provides a one-stop listening service for LGBT+ people on the phone, by email and through instant messaging.

### Maytree- 0207 236 707

Provides Residential space for those in a suicidal crisis. Maytree is committed to supporting people that are feeling suicidal, and aim to offer as many people who feel they would benefit from a stay the opportunity to do so. However, due to a person's medical needs or specific life circumstances it is not always possible to do so (free 4-night, 5-day residential stay).

### Chums- 01525 863924 (enquiry line only)

Mental Health and Emotional Wellbeing support for Children, Young People and their families, with other services specifically supporting adults; Babyloss Bereavement Service and Bedfordshire Suicide Bereavement Service.

### LMK National Problem Gambling Clinic

**020 7381 7722 / 080 8802 0133**

Problem gambling? In debt? Out of control? Feeling overwhelmed, anxious, depressed or stressed.

### CALM (Campaign against living miserably)- 0800 58 58 58

This helpline is for men in the UK who are down or have hit a wall for any reason, who need to talk or find information and support.

## CRISIS CONTACT BOARD

### Women's Self Injury Helpline- 0808 800 8088

Emotional support, listening & signposting for women affected by self injury. For women of any age or background affected by self-injury, whether their own or that of a friend or family member. Call us for free, confidential, non-judgemental emotional support around self-injury.

### Men's Advice Line- 0808 801 0327

Helpline for male victims of domestic abuse

### Papyrus- 08000 68 41 41

Committed to the prevention of young suicide (under 35)

### Accident and Emergency hospital department

If you feel suicidal and would like to see a professional urgently, you can visit your local hospital accident and emergency department. There will be a duty psychiatrist available to assess your needs and assist in finding the necessary support.

### Childline- 0800 1111 or webchat

24-hour counselling service for children and young people.

### National Mind- 0300 123 3393

The Mind info Line offers callers confidential help on a range of mental health issues. Calls from anywhere in the UK are charged at local call.

### Samaritans- 116 123

The Samaritans provide confidential non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

### Saneline- 0300 3047000

Out-of-hours mental health helpline offering specialist emotional support, guidance and information.

### Combat Stress- 0800 138 1619

If you or your family have served or are currently serving in the UK Armed Forces, you can call the Combat Stress' 24-hour mental health helplines.

### Shout

### To start a conversation, text the word 'SHOUT' to 85258

Trained volunteers are there for you 24/7 to listen and support you to get to a calmer and safe place. Shout is a free, confidential, anonymous service for anyone in the UK. It won't appear on your phone bill.

### Aanchal (Asian Women experiencing domestic abuse) 0800 0124 924

You can call our helpline on for free and confidential advice and support. Our helpline staff is able to help you in a number of languages, including English, Hindi, Punjabi, Urdu, Gujarati, Tamil, Bengali.