




**We can support your emergency and urgent care services if you are affected by Winter pressures or disruptions.  
We can support those who are distressed or in crisis, or who are waiting for treatment or appointments**

	<p><b>24/7 free telephone helpline: 116 123</b>  <b>Email service: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a></b></p> <p>Emotional and mental wellbeing support for those in distress or a crisis, or who have suicidal thoughts. <b>You can also use 116 123 to ask us to make follow up calls</b> (with the persons consent) to check that they are ok. We are open throughout the Christmas period.</p>
 <p><b>Mind BLMK referrals from the statutory sector</b> - A single point of contact to enable people to access appropriate, specialist support from the Voluntary and Community Sector for mental health and wellbeing including bereavement support.</p> <p>The coordinator will assess referrals from statutory agencies and find support for the person. Open 9am to 5pm weekdays including the Christmas period (excluding bank holidays). Email referrals <a href="mailto:SPPS@mind-blmk.org.uk">SPPS@mind-blmk.org.uk</a> or use the dedicated contact number on 01525 203 778.</p>	<p><b>Mind BLMK Crisis Cafes</b> - Anyone in crisis can attend so please signpost those you are concerned about to one of these venues:</p> <p><b>Luton Crisis Café:</b> Luton Wellbeing Centre, 46-56 Dumfries Street, Luton, LU1 5BP – every evening 5pm to 11pm  <b>Bedford Crisis Café:</b> Florence Ball House, Bedford Health Village, 3 Kimbolton Road, Bedford, MK40 2NX – every evening 5pm to 11pm  <b>Milton Keynes Crisis Café:</b> 226 Queensway, Fenny Stratford, Bletchley, Milton Keynes, MK2 2TE – every evening 5pm to 11pm  <b>Milton Keynes also has a Crisis phonenumber which can be contacted between 5pm to 11pm on 01525 722 225</b>  <b>Central Bedfordshire Crisis Café:</b> Mind BLMK, The Rufus Centre, Steppingley Road, Flitwick, Bedfordshire, MK45 1AH - 4 days a week, Monday – Thursday between 5pm and 11pm</p>
	<p><b>For emergency assistance from a range of voluntary emergency response organisations</b> e.g. during severe weather, flooding or other incidents. Resources including 4x4 response vehicles, door knocking, welfare visits, delivering leaflets or urgent supplies, staffing information points, helplines or at humanitarian centres.</p> <p><b>Contact the Duty Officer on 07729 341004 (24/7)</b></p>