

# ARE YOU IN A CRISIS?

The information in this leaflet may help you understand some of your feelings and advises who to contact if you are experiencing suicidal thoughts or if you are at risk of hurting yourself or others

## Introduction

For some people, coming to see a therapist for the first time can be a great relief. They think at last they are getting help with a difficult problem and feel hopeful.

For others it can raise a lot of difficult and painful thoughts and feelings that they may have tried to avoid. When this happens people can sometimes feel hopeless.

## What else can I do?

When you feel quite desperate or hopeless, it may be because you are stuck in a pattern of repeated thoughts and/or actions. Just doing something small to change this pattern can help.

Try doing something you've enjoyed in the past, something like :-

- \* taking a short walk to get some fresh air
- \* listening to a favourite piece of music

Just 10 minutes or so, to see if you feel any better.

## Can family or close friends help?

For some people, talking with friends and/or family can help. If you have a close family member or a friend you get on well with, they might be the best person to turn to if you find yourself unable to cope.



# Emergency Contact Details

You might not want to talk to a family member or close friend about things that are so very difficult and/or personal. If this is the case and you are struggling, you could try one of the following help lines:

Samaritans: 116 123

Email – [jo@samaritans.org](mailto:jo@samaritans.org) [www.samaritans.org/branches/bedfordsamaritans](http://www.samaritans.org/branches/bedfordsamaritans)  
Suite G3 West One, 63-67 Bromham Road, Bedford, MK40 2FG

Saneline: 0300 304 7000 6pm - 11pm every day (Practical information, crisis care and emotional support)

Victim Support: 0300 303 0165 Monday to Friday 10.30am-6.30pm and Saturdays 10am-4pm. If you need support outside of our open hours, call our Supportline for free on 08 08 16 89 111 or request support via our website. [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

MIND Crisis Cafes in Bedford, Flitwick, Luton and Milton Keynes.

For details of these cafes <https://www.mind-blmk.org.uk/how-we-can-help/crisis-support>

You can also call on 0300 330 0648

If you are in a mental health crisis: Call NHS 111, Select Option 2 Open to all ages 24/7

If you have harmed yourself, someone else or are worried that you might, you can go to:

Bedford Hospital Accident  
& Emergency Unit  
South Wing,  
Kempston Road,  
Bedford,  
MK42 9DJ

Luton & Dunstable University  
Hospital Accident & Emergency  
South Wing,  
Kempston Road,  
Bedford,  
MK42 9DJ

Emergency Services - 999

**Bedfordshire Talking Therapies**

**Gilbert Hitchcock House, 21 Kimbolton Road, Bedford, MK40 2AW**

**[www.elft.nhs.uk/bedfordshire-talking-therapies/urgent-help](http://www.elft.nhs.uk/bedfordshire-talking-therapies/urgent-help)**