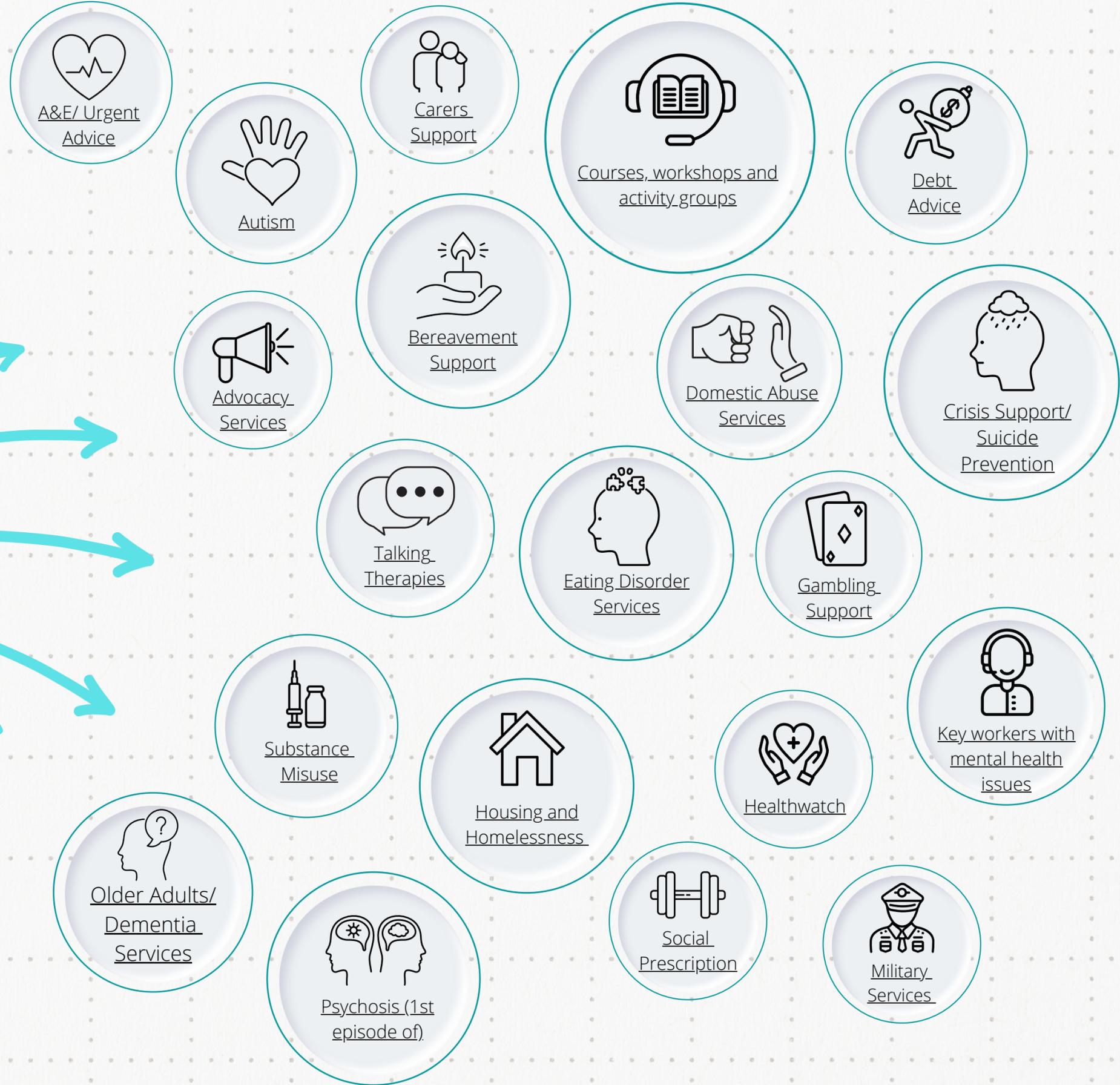


MENTAL HEALTH DIRECTORY



A directory of adult mental health services and support available to access across BLMK
Last updated July 2022





	Organisation	Type of Support	Provider	Referral	Contact Details
Bedfordshire, Luton and Milton Keynes	NHS	24 hours a day, seven days a week urgent help or support for a mental health problem.	NHS	Self-referral	Tel: 111: Milton Keynes Tel: 111 Option 2: Bedfordshire, Luton Website: www.111.nhs.uk
Bedfordshire	Bedford Hospital A&E	Mental Health Psychiatric Liaison Workers.	ELFT	Self-referral From health & social care professionals	South Wing, Kempston Road, Bedford, MK42 9DJ
Luton	Luton and Dunstable Hospital A&E	Mental Health Psychiatric Liaison Workers.	ELFT	Self-referral From health & social care professionals	Luton and Dunstable Hospital, Lewsey Road, Luton, LU4 0DZ
Milton Keynes	Milton Keynes University Hospital A&E	Mental Health Psychiatric Liaison Workers.	CNWL	Self-referral From health & social care professionals	Milton Keynes University Hospital, Eaglestone, Milton Keynes, MK6 5LD
Milton Keynes	Out of hours Urgent Advice Line	Telephone advice service for mental health crisis.		Self-referral	Tel: 01908 724365





	Organisation	Type of Support	Provider	Referral	Contact Details
Bedfordshire and Luton	POhWER	“We help people who, because of disability, illness, social exclusion and other challenges, find it difficult to express their views or get the support they need. Our mission is to empower people to have a voice and make a real difference to their lives.”	Charity	Self-referral or via a professional	Tel: 0300 456 2370 (calls charged at standard network rate) Email: pohwer@pohwer.net Website: https://www.pohwer.net/central-bedfordshire https://www.pohwer.net/bedford-borough https://www.pohwer.net/luton
Central Bedfordshire	Advice Central	Help with benefits, housing, debt, disabilities, law, immigration, education, employment, relationships and more.	Charity	Self-referral	Tel: 0300 303 6666 Website: www.AdviceCentral.org.uk
Milton Keynes	Age UK Milton Keynes	Helping people receive the services they are entitled to and achieve a better quality of life.	Charity	Self-referral or via a professional	Tel: 01908 550700 Email: info@ageukmiltonkeynes.org.uk Website: https://www.ageuk.org.uk/miltonkeynes/our-services/information--advice/advocacy-service/
Milton Keynes	Healthwatch Milton Keynes	The advocacy people take the time to listen and understand your situation, explore options and help you to decide what you want to do and how you want to do it.	Charity	Self-referral	Tel: 0330 440 9000 Email: info@healthwatchmiltonkeynes.co.uk or via the form on their website





	Organisation	Type of Support	Provider	Referral	Contact Details
Bedfordshire	Autism Bedfordshire	Help with practical advice, information and emotional support for people with autism and their families.	Charity	Self-referral	Tel: 01234 350704 (Mon-Fri 09.00 – 17.00) Email: enquiries@autismbeds.org Website: https://www.autismbedfordshire.net/
Milton Keynes	NAS Milton Keynes Branch	Events and meetings for families impacted by autism to meet in a supportive, safe and non-judgemental environment.	Charity	Self-referral	Tel: 0207 833 2299 Email: NASMiltonKeynesBranch@nas.org.uk Website: https://www.autism.org.uk/directory/n/nas-milton-keynes-branch
National	National Autistic Society	"Here to help 700,000 autistic people across the UK and their families."	Charity	Self-referral	Tel: 0207 833 2299 Email: nas@nas.org.uk Website: https://www.autism.org.uk/





	Organisation	Type of Support	Provider	Referral	Contact Details
BLMK	Cruse bereavement care	Support, advice and information to, children, young people and adults when someone dies.	Council	Self-referral via phone or email	Tel: 0300 200 4108 National helpline: 0844 477 9400 / 0808 808 1677 Email: bedfordshire@cruse.org.uk Website: www.cruse.org.uk/get-help/local-services/eastern-england/bedfordshire
Bedfordshire and Luton	Bedfordshire Suicide Bereavement Service (BSBS)	Supports people living anywhere in Bedfordshire and Luton of any age following death by suicide.	CHUMS	Self-referral or police referral	Tel: 01525 863924 Email: info@chums.uk.com Referral form on website: www.chums.uk.com/bedfordshire-and-luton-referral-forms/
Milton Keynes	MK Bereavement by Suicide Support Service	Following death by suicide the police (with permission) forward your details to Mind BLMK who will contact you.	Mind BLMK	Self-referral or police referral	Tel: 0300 330 0648 Email: mk@mind-blmk.org.uk
National	The good grief trust	Crisis information and signposting to charities, support services and helplines that offer dedicated advice and information. Virtual support for those grieving in isolation.	Charity	Self-referral	Website: www.thegoodgrieftrust.org
National	SUDDEN	Supports people bereaved by sudden death.	Charity	Self-referral	Tel: 0800 121 6510 Email: suddenhelpline@brake.org.uk Website: www.suddendeath.org Open: Mon - Wed 10.00 to 14.00



	Organisation	Type of Support	Provider	Referral	Contact Details
National	Bereavement advice centre	Support and advice on what to do after a death. Information on the practical aspects of dealing with the death and informational grief. Support and resources for professionals.	Charity	Self-referral	National Information Helpline: 0800 634 9494 Monday-Friday 9.00am-5.00pm Website: www.bereavementadvice.org
National	Child bereavement UK	Supports families when a baby or child of any age dies or is dying, or when a child is facing bereavement.	Charity	Self-referral	Tel: 0800 0288 840 Email: support@childbereavementuk.org Website: www.childbereavement.uk.org/
National	TCF (formerly the compassionate Friends)	Support by telephone befriending for those dealing with a loss of a child. (N.B the child may have reached adulthood).	Charity	Self-referral	Tel: 0345 1232 304 (365 days/yr. 10.00-16.00 & 18.30 – 22.30) Email: helpline@tcf.org.uk Website: www.tcf.org.uk
National	Way foundation (widowed and young)	Provides a self-help network to those who are bereaved through losing their partner/spouse. For those < 50 yrs.	Charity	Self-referral	Website: www.widowedandyoung.org.uk/
National	Winston's Wish	Support for those caring for children affected by the death of a parent or a sibling and to the children themselves.	Charity	Self-referral	Tel: 0808 802 0021 (09.00 – 17.00) Crisis messenger: text WW to 85258 (24/7) Email: ask@winstonwish.org Website: www.winstonswish.org.uk



	Organisation	Type of Support	Provider	Referral	Contact Details
National	Sands	The stillbirth and neonatal death charity. Support for any bereaved parents.	Charity	Self-referral	Tel: 0808 164 3332 Email: helpline@sands.org.uk Website: www.sands.or.uk/support
National	SOBS	Self-help organisation which exists to meet the needs of those bereaved by the suicide of a family member or anyone close to them.	Charity	Self-referral	Tel: 0300 1115 065 (09.00 – 21.00 Mon- Fri) Email: email.support@uksobs.org Website: www.uksobs.org





	Organisation	Type of Support	Provider	Referral	Contact Details
Bedfordshire	Carers in Bedfordshire	Register as a carer to gain access to advice, information, access to carers groups, events and grants.	Charity	Self-referral	Tel: 0300 111 1919 Bengali, Punjabi or Urdu speakers Lines open mon-fri 09.00 -17.00 Email: contact@carersinbeds.org.uk Website: https://carersinbeds.org.uk
Luton	Carers Central	Provides support, community groups and events and training.	Charity	Self-referral Through a partner organisation or professional e.g social worker	Tel: 0300 303 0201 Mon, Wed, Thurs, Fri: 10.00 -16.00, Tues: 10.00 – 19.00 Email: Via form on web page Website: https://carerscentral.org.uk
Milton Keynes	CarersMK	Provides unpaid carers advice, information, emotional support and workshops and training.	Charity	Self-referral	Tel: 01908 231703 Email: mail@carersmiltonkeynes.org Website: https://carersmiltonkeynes.org





	Organisation	Type of Support	Provider	Referral	Contact Details
Bedfordshire and Luton	Bedfordshire and Luton recovery college	Face-to-face courses and workshops which focus on mental health well-being and recovery.	ELFT	Self-referral via telephone or email	Bedfordshire Tel: 01234 263621 Luton Tel: 01582 708917 Email: elft.recoverycollege@nhs.net
Luton	Luton well-being Centre	Offers a range of services aimed at meeting individual needs and promoting mental health recovery, well-being and independence. A variety of activity groups held within the centre throughout the week.	MIND BLMK	Self-referral	Tel: 0300 330 0648 Email: lwc@mind-blmk.org.uk
Milton Keynes	Arts for Health Milton Keynes	Uses arts and creativity to improve health and well-being.	Voluntary Hospital Arts Committee / smileMK	Self-referral GP, community support worker or health provider	Tel: 01908 996125/ 996124 Email: info@artsforhealthmk.org.uk referrals@artsforhealthmk.org.uk Website: https://artsforhealthmk.org.uk
Milton Keynes	smileMK	A programme of free courses delivered by Adult Education aimed at supporting adults (19 +) who may be dealing with low mood, anxiety or sleeping difficulties.	smileMK	Self-referral	Tel: 01908 252083 Email: communitylearning.mk@milton-meynes.gov.uk Website: https://www.milton-keynes.gov.uk/schools-and-lifelong-learning/community-learning-mk-hub/adult-learning-community-learning/smile-mk



	Organisation	Type of Support	Provider	Referral	Contact Details
BLMK	Hear2Listen	Community Interest Company providing professional services for young people and adults	Hear2Listen	Self-referral via telephone or email	Tel: 01767 319505 Email: contact@hear2listen.org.uk Website: www.hear2listen.org.uk





	Organisation	Type of Support	Provider	Referral	Contact Details
BLMK	Mind crisis café (18+ years)	Mental health crisis support and help in a safe, calm and relaxed atmosphere and one-to-one sessions with trained mental health worker.	Mind BLMK	Self-referral by drop-in to the cafés located in Bedford, Luton, Milton Keynes and Flitwick. (No appointment necessary).	Tel: (01525) 722 225 17.00 – 23.00 365 days a year Email: crisiscafe@mind-blmk.org.uk
Bedfordshire	Bedford and Mid-Bedfordshire Crisis Team	Mental health crisis support.	ELFT	Self-referral or from a health professional	Tel: 111 option 2 (public) Tel: 01234 315691 (professional)
Bedfordshire and Luton	Luton and South Bedfordshire Crisis Team	Mental health crisis support.	ELFT	Self-referral or from a health professional	Tel: 111 option 2 (public) Tel: 01582 538631 (professional)
Milton Keynes	Single point of access	Support for those experiencing a mental health crisis.	CNWL	Self-referral or from a family member or via GP, police, ambulance services or other non-statutory services e.g. housing association	Tel: 0800 0234 650 Email: cnw-tr.spa@nhs.net



	Organisation	Type of Support	Provider	Referral	Contact Details
Milton Keynes	Crisis recovery service	Support for individuals in mental health crisis.	Mind BLMK	Self-referral or via GP, family, friends or other services	Tel:0303 30048 Email: hq@mind-BLMK.org.uk
Milton Keynes	Urgent care team	Single point of access into mental health services for people experiencing severe and/or enduring mental difficulties or who are having a mental health crisis.	CNWL	Self-referral or via family, carers, friends or health and social care professionals	Tel: 01908 724365 Email: cnw-tr.mkspa@nhs.net
BLMK	Suicide Prevention Pathways Service (SPPS)	Single point of contact service aimed at reducing suicides.	Mind BLMK	Referral via professional or self-referral	Tel: 01525 203778 (Mon-Fri 09.00 – 17.00) Email: SPPS@mind-blmk.org.uk
National	Papyrus	Suicide prevention for under 35yrs.	Charity	Self-referral or via friends or family	Tel: 0800 068 4141 Email pat@papyrus-uk.org Website: https://www.papyrus-uk.org/



	Organisation	Type of Support	Provider	Referral	Contact Details
National	Samaritans	Talk to someone if you are having a difficult time, are in an emotional crisis, or have suicidal thoughts. Also, if you are worried about someone else	Charity	Self-referral	Tel: 116 123 (free phone) 24/7 Email: jo@samaritans.org (response time: 24 hours) Website: https://www.samaritans.org/ App: Download Samaritans Self-help App via samaritans.org
National	CALM	Campaign against living miserably and taking a stand against suicide.	Charity	Self-referral	Tel: 0800 58 58 58 (17.00 – midnight 365 days/year) Webchat via the website. Website: https://www.thecalmzone.net/





	Organisation	Type of Support	Provider	Referral	Contact Details
Bedfordshire	Citizens Advice Bedford	Free, independent, confidential and impartial advice.	Charity	Self- referral	Tel: 01234 867944 (Mon-Thurs 9.45 – 13.00, Fri 09.30 – 13.00) Email: Advice contact form on website Website: https://www.bedfordcab.org.uk/ Drop in/ appointment service Mon-Thurs 09.30 – 15.00
Bedfordshire	The Salvation Army Debt Advice Service	Free, confidential, impartial advice authorised and regulated by the Financial Conduct Authority.	Charity	Self- referral	Tel:01234 217747 Email: Contact form on the website Website: http://www.bedfordsalvationarmy.org.uk/debtadvice.html
Luton	Citizen’s Advice Bureau	Free, independent, confidential and impartial advice.	Charity	Self- referral	Tel: 0844 2451285 Email: Advice enquiry form on website. Website: https://www.citizensadviceluton.org.uk/
Milton Keynes	Citizens Advice Milton Keynes	Free, independent, confidential and impartial advice.	Charity	Self- referral	Tel: 0800 144 8444 (Mon-Fri 08.00 – 18.00) Website: https://www.miltonkeynescab.org.uk/



	Organisation	Type of Support	Provider	Referral	Contact Details
Milton Keynes	MK moneylifeline	Free confidential money advice to help you deal with money worries, benefit applications or budgeting advice.	Charity	Self- referral	<p>Tel: 0300 1235 198 Email: office@mkmoneylifeline.org.uk Website: https://www.mkmoneylifeline.org.uk/Money_Lifeline/Main.html</p> <p>Drop-in: Frank Moran Centre Wednesdays 10:00 am to 12:00 noon Melrose Avenue, Bletchley, MK3 6PA</p> <p>Water Eaton Church Centre Mondays 10:00 am to 12:00 noon Drayton Road, Bletchley, MK2 3RR</p>
National	National Debtline	Free debt advice.	Charity	Self- referral	<p>Tel: 0808 802 2000 Website: www.nationaldebtline.org</p>
National	Step Change Debt Charity	Free debt advice.	Charity	Self- referral	<p>Tel: 0800 138 1111 (Mon- Fri 08.00 – 20.00, Sat 08.00 – 16.00) Website: https://www.stepchange.org/</p>





	Organisation	Type of Support	Provider	Referral	Contact Details
Bedfordshire and Luton	Bedfordshire and Luton IPS Employment Service	Support to gain paid employment	ELFT	Self referral or from a mental health professional	Email: Elft.employmentservice@nhs.net
Milton Keynes	Milton Keynes IPS Employment service	Support to gain paid employment	CNWL	Mental health professional or self-referral from	Email: Michelle.jacobs4@nhs.net Website: https://www.cnwl.nhs.uk/patients-and-carers/employment-services



	Organisation	Type of Support	Provider	Referral	Contact Details
Bedfordshire	Bedfordshire Domestic Abuse Partnership	For survivors or current victims of domestic abuse.	ELFT	Self- referral	Tel 24-hours: 0808 2000 247 Immediate risk call police on: 999 Website: https://bedsdv.org.uk/
Luton	Luton All Women's Centre	Work to create a safety & recovery plan, including guidance through criminal proceedings, housing and emotional support.	Charity	Self-referral or via a professional	Tel: 01582 416783 Email: support@lawc.org.uk Website: https://www.lutonallwomenscentre.org.uk/domestic-abuse
Luton	Women's aid in Luton	For women & children who fall victim to domestic abuse.	Charity	Self-referral	Helpline: 01582 391856 (10-17.00 Mon- Fri) Email: info@womensaidinluton.org Website: http://womensaidinluton.org/
Luton	Stepping Stones (Luton)	For women who have suffered domestic abuse or are vulnerable due to substance misuse.	Charity	Self-referral	Tel: 01582 457114 (Mon-Fri 09.00- 17.00) Email: hello@steppingstonesluton.org.uk Website: https://www.steppingstonesluton.co.uk
Milton Keynes	MK ACT	Helps individuals and families, aged 16 years or over, move on from fear and abuse.	Charity	Self-referral	Tel: 0344 375 4307 (Mon-Fri 09.00- 17.00). Calls charged at local rate. Email: info@mk-act.org Website: mkact.com



	Organisation	Type of Support	Provider	Referral	Contact Details
National	National domestic abuse helpline	The helpline can help find a refuge vacancy and specialist services in the community.	Charity	Self- referral	Tel (free phone): 0808 2000 247 Website: www.NationalDomesticViolenceHelpline.org.uk
National	Respect Men's Advice Line	For male domestic abuse survivors	Charity	Self- referral	Tel: 0808 801 0327 Email: info@mensadviceline.org.uk Website: https://mensadviceline.org.uk
National	Samaritans	Talk to someone if you are having a difficult time, are in an emotional crisis, or have suicidal thoughts. Also, if you are worried about someone else	Charity	Self-referral	Tel: 116 123 (free phone) 24/7 Email: jo@samaritans.org (response time: 24 hours) Website: https://www.samaritans.org/ App: Download Samaritans Self-help App via samaritans.org





Eating Disorder
Services

	Organisation	Type of Support	Provider	Referral	Contact Details
National	Caraline	Support to individuals and their families living with an eating disorder.	Charity	Self -referral	Tel: 01582 457474 Email: websitecontact@caraline.com Website: https://caraline.com/
National	Beat Eating disorders	"Our mission is to end the pain and suffering caused by eating disorders."	Charity	Self -referral	Tel: 0808 801 0677 Email: help@beateatingdisorders.org.uk Website: https://www.beateatingdisorders.org.uk/





	Organisation	Type of Support	Provider	Referral	Contact Details
Milton Keynes	Addiction recovery community (ARC) Milton Keynes	Residents of MK experiencing difficulties with gambling addiction.	CNWL	Self- referral	Tel: 0190850730 Email: cnwl.arc-mk@nhs.net Website: https://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/arc-milton-keynes
Milton Keynes	Gamblers anonymous MK	A fellowship of people who have joined together to do something about their gambling problem and to help other compulsive gamblers do the same.	Charity	Self-referral	Tel: 0330 094 0322 Email: mkga@protonmail.com Meetings at: The Quaker centre, 1 Oakley Gardens, MK15 9BH Tues 19.30 -21.30
BLMK	National Problem Gambling Clinic	Problem gambling? In debt? Out of control? Feeling overwhelmed, anxious, depressed or stressed.	CNWL	Self-referral	Tel: 020 7381 7722 / 080 8802 0133 (Mon-Fri 09.00 – 17.00. Leave a contact number, they will get back to you within 72 hours.) Email: gambling.cnwl@nhs.net Website: www.cnwl.nhs.uk/cnwl-national-problem-gambling-clinic





	Organisation	Type of Support	Provider	Referral	Contact Details
BLMK	Keeping well	Access to confidential psychological assessment and evidence-based treatments. Fast-track assessments.	CNWL	Self-referral	Tel: 01908 724227 (Mon-Fri 09.00 – 17.00, not 12.00- 13.00) Email: keepingwell.blmk@nhs.net Website: www.keepingwellblmk.nhs.uk N.B Flexible appointment times around shifts.
National	Education Support	Mental health and wellbeing support for teachers and education staff in schools, colleges and universities.	Charity	Self-referral	Tel: 08000 562 561 Text: 07909 341229 (answered within 24hours) Email: via form on website Website: https://www.educationsupport.org.uk/
National	NHS Practitioner Health	Mental health assessment & treatment service for doctors, dentists and individuals working at grade 8d or above.	NHS England	Self-referral	Tel: 0300 0303 300 (Mon-Fri 08.00 – 20.00, Sat 08.00 - 14.00) 24/7 crisis text service: Text NHSPH to 85258 Registration form via website. Website: https://www.practitionerhealth.nhs.uk/





	Organisation	Type of Support	Provider	Referral	Contact Details
National	Healthwatch	Your health and social care champion. An independent statutory body that has the power to ensure NHS leaders and decision makers listen to your feedback and improve standards of care.	DHSC	Self- referral	Tel: 03000 683 000 (Mon-Fri 08.30 – 17.30) Email: enquiries@healthwatch.co.uk Website: https://www.healthwatch.co.uk





	Organisation	Type of Support	Provider	Referral	Contact Details
Bedford Borough	Bedford Borough Council	Help if you are homeless or threatened with homelessness.	Bedford Borough Council	Self- referral	Tel: 01234 718058 (Mon, Tues, Thurs, Fri 09.00 – 17.00, Wed 10.00 – 17.00) Emergency Tel: 01234 267422 Website: https://www.bedford.gov.uk/housing/housing-advice-options/homelessness/
Central Bedfordshire	Central Bedfordshire Council	Focus on preventing homelessness and supporting those who are homeless to get back on their feet.	Central Bedfordshire Council	Self- referral	Tel: 0300 300 4370 (Mon-Fri 09.00 – 17.00) Emergency contact: 0300 300 8098 Email: housing.options@centralbedfordshire.gov.uk Website: https://www.centralbedfordshire.gov.uk
Luton	Housing solutions team	Help for people who are homeless or threatened with homelessness.	Luton borough council	Self-referral	Tel: 01582 510371 Email: homelessprevention@luton.gov.uk Website: https://m.luton.gov.uk/
Milton Keynes	Housing options team	Focus on preventing homelessness and supporting those who are homeless to get back on their feet .	Milton Keynes City council	Self-referral	Tel:01908 253481 Emergencies Tel: 01908 226699 Email: homeless.enquiries@milton-keynes.gov.uk Website: Housing solutions and homelessness advice Milton Keynes City Council (milton-keynes.gov.uk)



	Organisation	Type of Support	Provider	Referral	Contact Details
National	Streetlink	Worried about someone sleeping rough and concerned about their welfare report via streetlink on the mobile app or website. This sends an automatic alert to the local outreach team who will go out to search for the person reported.	Charity	Referral from public	Website: www.streetlink.org.uk/





	Organisation	Type of Support	Provider	Referral	Contact Details
BLMK	Op Courage	Mental health specialist service designed to help serving personnel due to leave the military, reservists, armed forces veterans and their families.	NHS	Self-referral or by a family member or friend, GP, Charity	Tel: 0300 323 0137 Email: mevs.mhm@nhs.net Website: https://www.nhs.uk/nhs-services/armed-forces-community/mental-health/veterans-reservists/
National	ssafa the Armed Forces charity	Practical support for those experiencing mental health problems (Not a medical, counselling or advocacy service).	Charity	Self-referral	Tel: 0800 260 6767 Email: Contact form on the website Website: https://www.ssafa.org.uk/
National	Samaritans - Military Support Programme	Veterans can currently access support from Samaritans From 2024 armed service personnel can access the Samaritans Military Webchat service where ever they are deployed;	Charity	Self-referral	Tel: Veterans UK Helpline 0808 1914218 Website: https://www.samaritans.org/how-we-can-help/military/





	Organisation	Type of Support	Provider	Referral	Contact Details
Milton Keynes	Early intervention in psychosis team	Assessment and treatment for people aged 14-65 experiencing their first episode of psychosis.	CNWL	Self-referral Via a healthcare professional	Tel: 01908 725885 Website: https://www.cnwl.nhs.uk/services/mental-health-services/child-and-adolescent-mental-health-services/milton-keynes-early-intervention-psychosis-team
Bedfordshire and Luton	Early intervention Service	Community treatment and support from a range of professionals for an individual experiencing their first episode of psychosis.	ELFT	Self-referral Via a healthcare professional	Tel: 01234 315690 Email: elt-tr.bedseis@nhs.net Website: https://www.elft.nhs.uk/service/116/Early-Intervention-Service-Bedfordshire

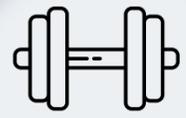




Older Adults/
Dementia
Services

	Organisation	Type of Support	Provider	Referral	Contact Details
Bedfordshire	Tibbs	Dementia support for people and their family/carers.	Charity	Self- referral	Tel: 01234 210993 Email: contact@tibbsdementia.co.uk Website: http://www.tibbsdementia.co.uk/
Bedfordshire	Dementia Intensive support service (DISS)	Provides specialist support to those living with dementia, as well as the family, carers and professionals caring for those with dementia.	ELFT	Self-referral or GP	Tel: 07880 078843 Email: elft.diss@nhs.net
National	Alzheimer's society	Provides support for people with Dementia and their carers/families.	Charity	Self-referral	Tel: 0333 150 3456 Email: Via the form on the website. Website: https://www.alzheimers.org.uk/get-support
National	Age UK	Aim to provide life-enhancing services and vital support to people in later life.	Charity	Self-referral	Tel: 0800 678 1602 (08.00 – 19.00, 365 days/year) Website: https://www.ageuk.org.uk/
Bedfordshire	The Memory Navigation Service	Navigates those affected by dementia or memory loss to the right information, services or support that is needed.	Charity	Self-referral or by a family member or friend.	Tel: 0300 111 9090 Website: https://memoryinbeds.org.uk/register-for-support/





Social
Prescription

	Organisation	Type of Support	Provider	Referral	Contact Details
Bedfordshire	Your Wellbeing Bedfordshire	One to one support, Walking for health, village agents, community transport, good neighbour schemes.	Bedfordshire Rural Communities Charity	Self-referral Via GP or other healthcare professional	https://yourwellbeingbedfordshire.org.uk/
Luton	Total well-being Luton	Emotional health, stop smoking, weight management, exercise on referral, long-term health conditions, social prescriptions.	Total well-being Luton	Self-referral Via GP or other healthcare professional	Tel: 0300 555 4152
Milton Keynes	LiveLife Milton Keynes	Non-medical solutions to worries and problems that are affecting your health.	Age UK Milton Keynes.	Self-referral Via GP or other healthcare professional	Tel: 01908 973720 Text: 07849 083222 Website: https://www.ageuk.org.uk/miltonkeynes/our-services/live-life-milton-keynes
Milton Keynes	MK Women's Walking Group	Information for women about free walk and talk programs in Milton Keynes. First step to getting active and making new like minded friends in your local community.	Leap With Us	Self-referral	Website: https://www.facebook.com/groups/3165852580340313



	Organisation	Type of Support	Provider	Referral	Contact Details
National	Sport in Mind	Delivering physical activity projects in partnership with the NHS in order to aid recovery, promote mental wellbeing, improve physical health, combat social isolation and empower people to move their lives forward in a positive direction	Charity	Self-referral	Email: info@sportinmind.org Website: www.sportinmind.org



Substance Misuse

	Organisation	Type of Support	Provider	Referral	Contact Details
Bedfordshire	Path to Recovery (P2R)	Drug and alcohol advice, treatment and support to the individual or whole family.	ELFT	Self-referral via website From social care professionals	Tel: 0333 332 4019 Email: elt-tr.P2RBedford@nhs.net Website: https://changeyourtomorrow.co.uk/#areas/elft/pages/Home
Luton	ResoLUTiONs	Alcohol and Drugs; Support to cut down or stop.	ELFT	Self-referral via telephone From social care professionals	Tel: 0800 054603 Website: https://www.changegrowlive.org/resolutions-drug-alcohol-service-luton
Milton Keynes	ARC Milton Keynes	Helps people to break the cycle of addiction to drugs, long term alcohol or gambling addictions.	CNWL	Self-referral via telephone or in person From a health or social care professional	Tel: 01908 250730 Email: cnwl.arc-mk@nhs.net Website: https://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/arc-milton-keynes
Milton Keynes	Drug & Alcohol Family Support (DAFS)	Support group for families affected by drugs and alcohol.	MK Council	Self-referral	Tel: 07598 346 244 Email: dafsmk@mail.com
Bedfordshire and Milton Keynes	SAMAS	Support, Advice, Mentoring and Advocacy Service to support long term recovery.	Community Led Initiatives	Self-referral	Tel: 01234 880 625 Email: hello@communityled.org.uk Website: https://www.nhs.uk/services/service-directory/support-advice-mentoring-and-advocacy-service-samas/N10965549





		Type of Support	Provider	Referral	Contact Details
Bedfordshire		Free and confidential talking therapies and specialist support.	ELFT	Self-referral	Tel: 01234 880400 Website: www.bedfordshirewellbeing.service.nhs.uk
Luton		Free and confidential talking therapies and specialist support.	ELFT	Self-referral	Tel: 0300 555 4152 Website: www.totalwellbeingluton.org
Milton Keynes		Free and confidential talking therapies and specialist support.	CNWL	Self-referral	Tel: 01908 725099 Website: www.mktalkingtherapies.nhs.uk

