



CRISIS, ONGOING AND RECOVERY SUPPORT FOR THOSE WITH SUICIDAL FEELINGS

	Organisation	Immediate Crisis support	Support for those bereaved by suicide	Recovery	Therapeutic support, counselling	Advice and guidance on suicide prevention & spotting the signs
CHILDREN & YOUNG PEOPLE	Samaritans 116 123 jo@samaritans.org SMS: 07725 909090	24/7				www.samaritans.org
	Mind BLMK For information and referrals contact: 0300 330 0648 (9am – 5 pm)					www.mind-blmk.org.uk
	CAMHS Emergency: 0300 300 8123	Out of hours		Via GP	Via GP	
	Bedford College Student Services 01234 291934 studentservices@bedford.ac.uk	No 24 hr				
	CHUMS Phone: 01525 863924 Email:					info@chums.uk.com
	Papyrus Hopeline 0800 068 4141 Text 07786 20969	No 24 hr				
	Childline (NSPCC) Call 0800 1111	24/7				



	Aquarius – for drug or alcohol recovery 07467 336 203					
ADULTS	Samaritans 116 123 jo@samaritans.org SMS: 07725 909090	24/7				www.samaritans.org
	Mind BLMK For information and referrals contact: 0300 330 0648 (9am – 5 pm)					www.mind-blmk.org.uk
	OnItsHead					www.onitshead.co.uk
	Wellsprings 07516612618 rj@wsprings.org.uk					
	ELFT MH Crisis Team For Bedfordshire - call 01234 315691 For Luton - call 01582 538631	Out of hours				
	Bedfordshire Out of Hours mental health emergency 0330 124 1771	Out of hours				
	NHS 111	24/7				
	Police 999 or 101	24/7				
FAMILIES	CHUMS Phone: 01525 863924 Email:					info@chums.uk.com



	Wellsprings 07516612618 rj@wsprings.org.uk					
	Adfam – support for families for drug and alcohol problems 020 3817 9410 admin@adfam.org.uk Resolutions Luton 0800 0546603					
MALES AT RISK	Samaritans 116 123 jo@samaritans.org SMS: 07725 909090	24/7				www.samaritans.org
	Mind BLMK For information and referrals contact: 0300 330 0648 (9am – 5 pm)					www.mind-blmk.org.uk
	Campaign Against Living Miserably (CALM) – for men Call 0800 58 58 58	Not 24 hr				www.thecalmzone.net
ALCOHOL/DRUG DEPENDENCY	P2R Adults 01234 263670 El-tr.p2rbedford@nhs.net Or 01582 501780					



	El-tr.p2rdunstable@nhs.net					
SERVICE PERSONNEL/VETERANS	Veterans UK Helpline 0808 1914218	Not 24 hrs				
	Combat Stress Helpline 0800 1381619.					
	Samaritans 116 123 jo@samaritans.org SMS: 07725 909090	24/7				
CRIMINAL JUSTICE SYSTEM	Samaritans Listener Scheme in Prisons	24/7				