### CRISIS, ONGOING AND RECOVERY SUPPORT FOR THOSE WITH SUICIDAL FEELINGS

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Immediate Crisis support</th>
<th>Support for those bereaved by suicide</th>
<th>Recovery</th>
<th>Therapeutic support, counselling</th>
<th>Advice and guidance on suicide prevention &amp; spotting the signs</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CHILDREN &amp; YOUNG PEOPLE</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Samaritans</td>
<td>24/7</td>
<td></td>
<td></td>
<td></td>
<td><a href="http://www.samaritans.org">www.samaritans.org</a></td>
</tr>
<tr>
<td><a href="mailto:jo@samaritans.org">jo@samaritans.org</a></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SMS: 07725 909090</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mind BLMK</td>
<td></td>
<td></td>
<td></td>
<td><a href="http://www.mind-blmk.org.uk">www.mind-blmk.org.uk</a></td>
<td></td>
</tr>
<tr>
<td>For information and referrals contact: 0300 330 0648 (9am – 5 pm)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CAMHS</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emergency: 0300 300 8123</td>
<td>Out of hours</td>
<td></td>
<td>Via GP</td>
<td>Via GP</td>
<td></td>
</tr>
<tr>
<td>Bedford College Student Services 01234 291934 <a href="mailto:studentservices@bedford.ac.uk">studentservices@bedford.ac.uk</a></td>
<td>No 24 hr</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CHUMS</td>
<td></td>
<td></td>
<td></td>
<td><a href="mailto:info@chums.uk.com">info@chums.uk.com</a></td>
<td></td>
</tr>
<tr>
<td>Phone: 01525 863924</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Email:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Papyrus Hopeline 0800 068 4141 Text 07786 20969</td>
<td>No 24 hr</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Childline (NSPCC) Call 0800 1111</td>
<td>24/7</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Aquarius</strong> – for drug or alcohol recovery</td>
<td>07467 336 203</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>ADULTS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| Samaritans **116 123**  
[jo@samaritans.org](mailto:jo@samaritans.org)  
SMS: 07725 909090 | **24/7**  
[www.samaritans.org](http://www.samaritans.org) |
| Mind BLMK  
For information and referrals contact:  
0300 330 0648  
(9am – 5 pm) |  |
| OnItsHead |  |
| Wellsprings  
07516612618  
rj@wsprings.org.uk |  |
| **ELFT MH Crisis Team**  
For Bedfordshire - call  
01234 315691  
For Luton - call 01582 538631 | **Out of hours**  
www.onitshead.co.uk |
| **Bedfordshire Out of Hours mental health emergency**  
0330 124 1771 | **Out of hours**  
www.mind-blmk.org.uk |
| **NHS 111** | **24/7**  
www.mind-blmk.org.uk |
| **Police 999 or 101** | **24/7**  
www.mind-blmk.org.uk |
| **FAMILIES** |  |
| CHUMS  
Phone: 01525 863924  
Email: info@chums.uk.com |  |
| Wellsprings | 07516612618  
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><a href="mailto:rj@wsprings.org.uk">rj@wsprings.org.uk</a></td>
</tr>
</tbody>
</table>
| 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  
<p>|            | <a href="mailto:Elt-tr.p2rbedford@nhs.net">Elt-tr.p2rbedford@nhs.net</a> |  |
| Or 01582 501780 |  |  |</p>
<table>
<thead>
<tr>
<th>SERVICE PERSONNEL/VETERANS</th>
<th>Veterans UK Helpline 0808 1914218</th>
<th>Not 24 hrs</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Combat Stress Helpline 0800 1381619</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Samaritans 116 123 <a href="mailto:jo@samaritans.org">jo@samaritans.org</a> SMS: 07725 909090</td>
<td>24/7</td>
</tr>
<tr>
<td>CRIMINAL JUSTICE SYSTEM</td>
<td>Samaritans Listener Scheme in Prisons</td>
<td>24/7</td>
</tr>
</tbody>
</table>