

Luton Wellbeing service

<https://www.lutonwellbeingservice.nhs.uk/>

Call us on

01582 393 130

Counselling and IAPT services

Talking therapies (including counselling and IAPT) can help people work out how to deal with negative thoughts and feelings and make positive changes. They can help people who are feeling distressed by difficult events in their lives as well as people with a mental health problem.

Luton Wellbeing Service - www.lutonwellbeingservice.nhs.uk

Mind Wellbeing Centres Opening Times

Monday 12.00pm-3.00pm

Monday Evening 6.30pm-9.00pm

Wednesday 10.30am-3.00pm

Friday 11.00am-3.00pm

Where to find us

Mind BLMK's Luton Wellbeing Centre is based at:

46-56 Dumfries Street Luton LU1 5BP

How to contact us

Ring 01582 380002 or email lwc@mind-blmk.org.uk

Age UK (Luton)

Age Concern Luton is Luton's largest charity working with older people (including those with Dementia and depression and/or anxiety). It has been helping older people and their carers get the services they need, make their voices heard and make a contribution to their communities for 20 years.

Age concern are based in:

Bradbury House,

39 King St,

Luton,

LU1 2DW

Tel: 01582 456 812

Email: admin@ageconcernluton.org.uk

SAMARITANS OF LUTON, SOUTH BEDS AND HARPENDEN

If something's troubling you, get in touch:

Telephone the local branch: 01582 720666 (local call charges apply)

Telephone our branch: 01582 720666 (local call charges apply)

National telephone: 116 123 (this number is free to call)

Email Samaritans: jo@samaritans.org (UK and ROI)

Visit the local branch:

Samaritans Luton

33 Cardiff Road

Luton

Bedfordshire

LU1 1PP

Caraline - Eating Disorder Service

Caraline was established in February 1994 and is a registered charitable organisation, providing a confidential counselling and support service for people living with eating disorders in Luton.

Caraline

13 George Street West

Luton

LU1 2BJ

01582 457474

caralined@aol.com

Luton Citizens Advice

Community House 15 New Bedford Road

LUTON Bedfordshire

LU1 1SA

<http://www.citizensadvice.org.uk/luton>

0344 245 1285

Victim Support

<https://www.victimsupport.org.uk/> Free support number: **08 08 16 89 111** outside office hours

0300 303 0165 Lines are open Monday to Friday 10.30am-6.30pm and Saturdays 10am-4pm.