

#RunAndTalk

I am always happy for you to contact me via email or to speak to me on a club night should you need any help or support, but if you or anyone in your group, are experiencing mental health problems or need further support, there are lots of places you can go to for help:

Mind Infoline

Telephone: 0300 123 3393 (9am-5pm Monday to Friday)

Web site: www.mind.org.uk/help/advice_lines

Mind provides confidential mental health information services. With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental distress, where to get help, drug treatments, alternative therapies and advocacy. Mind also has a network of nearly 200 local Mind associations providing local support services:

Mind Bedford

Telephone: 0300 330 0648

Email: bwc@mind-blmk.org.uk.

Mind BLMK works from Bedford Wellbeing Centre: 3, Woburn Road, Bedford, but supports people across the whole borough.

NHS 111 24/7 Mental Health Crisis line

Mental health crisis support is available to everyone 24/7 in Bedfordshire and Luton by contacting NHS 111 (Option 2).

How does the service help?

The service helps by providing immediate access to advice and guidance to those requiring mental health support. We are able to advise and direct you to the most appropriate services.

When should people contact the service?

The service is available 24/7. If you feel as though you're in a mental health crisis or believe a friend or family member is then make that call.

How does the service help people who don't speak English?

Don't worry if English is not your first language. As well as working within a diverse multilingual team we also have access to an interpreting service.

Rethink Mental Illness Advice Line

Telephone: 0300 5000 927 (10am-2pm Monday to Friday)

Website: ww.rethink.org/about-us/our-mental-health-advice

Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff. Rethink also runs Rethink services and groups across England and Northern Ireland.

Samaritans

Telephone: 116 123 (24 hours a day, free to call)

Website: www.samaritans.org

Email: jo@samaritans.org

Provides confidential, non-judgmental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.

Saneline

Telephone: 07984 967 708

Website: www.sane.org.uk/how-we-help/emotional-support/saneline-services

Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.

SHOUT

Our trained volunteers are there for you 24/7 to listen and support you to get to a calmer and safe place. SHOUT is a free, confidential, anonymous service for anyone in the UK. It won't appear on your phone bill. How it works:

1. Text

To start a conversation, text the word 'Shout' to 85258. If you're feeling low, anxious, worried, lonely, overwhelmed, suicidal or not quite yourself, we are here for you.

2. Connect

Once you text us you'll receive four automated messages before you are connected to one of our empathetic Shout Volunteers. This will usually be within 5 minutes, but if we are busy it can take longer.

3. Chat

The volunteer will introduce themselves and ask you to share a bit more about what's bothering you. This might include feeling anxious, having relationship problems, addiction, depression, bullying, self-harm and suicide. You will text back and forth and share what you feel comfortable with.

4. Plan

The goal of the conversation is to help you reach a calm and safe place, with a plan of how to support yourself going forwards. As well as listening without judgement, our volunteers may provide you with further resources or tools to help you get more expert support

5. Calm

As the conversation comes to a close we encourage you to reflect on the thoughts, feelings and experiences you've explored, how you want things to be and how you may be able to get there. You'll be safe in the knowledge that if you're in distress again and struggling to cope that we're here 24/7. Conversations tend to last around 45-60 minutes.

What should I do if I'm supporting someone in a crisis?

If the person seems really unwell, and you are worried about their safety, you should encourage them to seek help from their GP or their Community Mental Health team if they are already referred to them, or in an emergency situation diall 999 or use A&E

Mind Bedford Crisis Cafe

The Bedford crisis cafe operates a face-to-face drop-in service for adults (18+) who are experiencing severe mental distress or crisis.
You do not need an appointment for these services.

The cafe is opened 5pm to 11pm 365 days of the year, and is based at

**Florence Ball House, Bedford Health Village,
3 Kimbolton Road, Bedford, MK40 2NX**

For further information:

Telephone: 01582 722 225 or **Email:** crisiscafe@mind-blmk.org.uk.

What can you expect?

A safe, calm and relaxed atmosphere

A one-to-one session with a trained mental health worker

Support to identify positive mental health coping strategies

Advice and guidance about other support services available in your area

Vicky Shaw

Mental Health Champion

E: hello@bedfordharriers.co.uk