

Mental Health Services in Bedfordshire and Luton

These are shared between two NHS Trusts:

Forensic Services (ie those which care for people who come into mental health services through the judicial or prison system) are provided through the **Essex Partnership University Trust (EPUT)**, of whom the Lead Chaplain is Rev Paul Walker. His contact details are:

Mobile: 07769 585411
Email: epunft.spiritualcare@nhs.net

There are two inpatient forensic units in Bedfordshire:

1. Forensic Low Secure Inpatient Unit

Robin Pinto Unit
Calnwood Road
Luton LU4 OFB

The Forensic Low Secure Inpatient Service is provided to adults who are detained under the Mental Health Act 1983 and who:

- Have been identified as requiring hospital admission for assessment or treatment but do not require intensive care (the patient would usually be involved in criminal proceedings, requiring transfer from custodial settings)
- Have been identified as requiring a rehabilitation programme within a low secure setting and are able to participate in such a programme

2. Specialist Learning Disability Forensic Low Secure Inpatient Services

Wood Lea Clinic
5 The Glade
Bromham
Bedford MK43 8HJ

Wood Lea Clinic is a forensic low secure unit that provides a specialised service for adults who have a learning disability who have offended. All patients are detained under the Mental Health Act and require specialist assessment and treatment.

All other mental health services throughout Bedfordshire and Luton are provided by **East London NHS Foundation Trust (ELFT)** - <https://www.elft.nhs.uk/>



The Department of Spiritual, Religious and Cultural Care at ELFT is very well established and headed by a very experienced mental health chaplain, Dr Nigel Cosey. His office phone number is 020 7540 4380 ext 2006/2007. It is not clear how much spiritual care they offer throughout Bedfordshire and Luton.

If you follow this web link - <https://www.bedfordshireccg.nhs.uk/page/?id=4162> – you will find two downloadable pdf directories with all the contact information regarding mental health services in Bedfordshire and Luton.

The mental health services in Bedfordshire and Luton have a Single Point of Access (SPA) for all initial help and advice - 0345 602 4064 - which is available 24/7.

Mental Health Services in Hertfordshire



These are all provided through Hertfordshire Partnership University NHS Foundation Trust (HPFT) - <https://www.hpft.nhs.uk/>, which lists all the Trust's services and contact details.

HPFT provides mental health and learning disabilities inpatient care and treatment in the community for young people, adults and older people throughout Hertfordshire.

The Spiritual Care Team is headed by Richard Allen. He/they can be contacted at:

1 Bowlers Green
Kingsley Green
Harper Lane
Radlett
Hertfordshire WD7 7HU

Email: hpft.spiritual.care@nhs.net

Tel: 01923 633296

HPFT has inpatient sites throughout Hertfordshire as well as a network of community teams, working out of hubs in Watford, Hemel Hempstead, St Albans, Stevenage, Hitchin, Welwyn Garden City, Ware, Hoddesdon, Cheshunt and Bishops Stortford.

The main inpatient site is at Radlett on the site of the former Harperbury Hospital.

HPFT has a Single Point of Access (SPA) for all initial help and advice - 0800 6444 101 - which is available between 24/7.

The first point of call for mental health concerns should be a person's GP, if possible with the person's consent. Only in the event of significant concern, should you approach the mental health services direct. In an emergency, you can go to Accident & Emergency, where there should a psychiatric liaison service.

Mental Health Services in Cambridgeshire

These are provided by Cambridgeshire and Peterborough NHS Foundation Trust, whose main contact details are:

Trust Headquarters
Elizabeth House
Fulbourn Hospital
Cambridge Road
Cambridge CB21 5EF

Phone: 01223 219400

Web: <https://www.cpft.nhs.uk/>

Details of the adult community teams can be found at <https://www.cpft.nhs.uk/service-detail/service/adult-locality-mental-health-teams-102/>. If matters are not urgent, the advice from the Trust's website is as follows:

Between 9am-5pm, Monday–Friday

- **CPFT Care Co-ordinator:** If you are already receiving support from CPFT services, the first point of contact should be your care co-ordinator or named nurse. Your care plan will contain information on how to contact them. If they are not available, ask to speak to the clinician on duty.
- **Your GP:** If you need immediate help, then please contact your GP.

Out of hours

- **Lifeline:** An out-of hours mental health telephone support service, run by Lifecraft, is available for CPFT's service users who are experiencing a crisis in their mental health. The service is also available for carers who are concerned about the mental health of a service user. The out-of-hours telephone number is **0808 808 2121**. This is weekdays 11am-11pm, 7 days a week.
- **Emergency doctor:** All GP surgeries have an out-of-hours number that you can call in an emergency. The out-of-hours doctor may assess the situation over the phone, ask you to attend a clinic/service, or may come out to assess the service user. They will be able to arrange any necessary specialist assessments.
- **Local walk-in centre:** Most centres are open 365 days a year and outside office hours. Some newly opened centres may offer different opening hours during their first few months.
- **Samaritans:** If you feel you urgently need to speak to someone, the Samaritans are available 24 hours a day, seven days a week on **116 123**.
- **Police:** If the person you care for is being violent, threatening or you feel at risk, you should contact the police directly by dialling **999**.

In the event of a crisis, the advice from the Trust's website is as follows:

Call 111 and press option 2 for the [First Response Service](#) - a 24-hour service for people in a mental health crisis. This service is for anyone, of any age, who is registered with a GP in Cambridgeshire or Peterborough. Specially-trained mental health staff will speak to you and discuss with you your mental health care needs - instead of you having to go to accident and emergency departments of local acute hospitals.

You might be in crisis if:

- You are thinking of hurting yourself or suicide seems the only option
- Someone you know has made threats to hurt you or someone else.
- You are experiencing extreme distress that seems overwhelming.

The Spiritual Care and Wellbeing Service can be found at <https://www.cpft.nhs.uk/heartandsoul>. The Lead Chaplain is currently John Nicholson.

Mental Health Services in Barnet

These are provided by Barnet, Enfield and Haringey Mental Health NHS Trust, whose main contact details are:

Barnet, Enfield and Haringey Mental Health NHS Trust
Trust Headquarters
St Ann's Hospital
St Ann's Road
London N15 3TH

Phone: 020 8702 3000

Web: <https://www.beh-mht.nhs.uk/>

The Trust's services are set out on the website.

Spiritual Care services are provided through an arrangement with the chaplaincy team at the Royal Free Hospital. The chaplain at Barnet Hospital is Tom Baron, the chaplain at Barnet and Chase Farm Hospitals. His contact number is 020 8216 4355. Tom is also currently the Bishop of St Albans' Advisor on healthcare chaplaincy.

Specifically, the Trust's advice in the event of an emergency is as follows (taken from their website at <https://www.beh-mht.nhs.uk/patients-and-carers/support-in-a-crisis.htm>):

Help in a mental health crisis

Our services have been heavily affected by the NHS response to the rapidly evolving coronavirus (COVID-19) situation which will lead to us taking longer than usual to answer your call. Please bear with us.

We ask that you do not attend any of our sites without first calling our crisis lines due to the risk of spreading the coronavirus.

We've introduced a new [Crisis Telephone Service](#) for people living in Barnet, Enfield and Haringey experiencing a mental health crisis:

24-hour Crisis Telephone Service: 0800 151 0023

You can call this number to get help or advice in a crisis from our trained mental health advisors and clinicians, 24 hours a day, 7 days a week, 365 days a year.

Urgent and non-urgent referrals to our specialist adult mental health services, such as eating disorders and personality disorders, will remain unchanged. Referrals to CAMHS will also remain unchanged.

Non-emergencies

If you do not receive any of our services, you should first speak to your GP (family doctor).

If you don't have a GP, you can find one near you on [NHS Choices](#).

If you already use our services, please contact your local service during office hours and call our **24-hour Crisis Telephone Service outside these times**.

Worried about yourself or someone you know and not sure what to do?

If you or someone you know is experiencing mental health difficulties, you should speak to your GP first.

They will be able to advise you on different ways to provide treatment or refer you to one of our services. There are also lots of charity support lines you can call for help and support.

Experiencing mental illness can be difficult to understand. There is a lot of information available for those with a mental illness and their families and carers.

Help in an emergency

If you are worried about your immediate safety or have thoughts about hurting yourself or other people:

- Call 999 for emergency services

Referrals to our 24/7 Crisis Telephone Service

More information about how referrals to our 24/7 Crisis Telephone Service work is available on [this page](#).

MIND Resources

Mind in Mid Herts

11 Hatfield Road
St Albans
Herts AL1 3RR

Tel: 01727 865070

Web: www.mindinmidherts.org.uk



Hertfordshire Mind Network

139 Leighton Buzzard Road
Hemel Hempstead
Herts HP1 1HN

Tel: 020 3727 3600

Web: www.hertfordshiremind.org



Mind BLMK

The Rufus Centre
Steppingley Road
Flitwick
Beds MK45 1AH

Tel: 0300 330 0648

Web: www.mind-blmk.org.uk



General Mental Health

Big White Wall

www.bigwhitewall.com

A 24 hour safe online community to share troubles guided by trained professionals

SANE

www.sane.org.uk

Sane offers support to anyone with or affected by mental health problems

Turning Point – Complex Needs

www.turning-point.co.uk

The organisation attempts to improve lives through support across mental health, learning disability, substance misuse, the criminal justice system and employment

Samaritans

www.samaritans.org

The well-known organisation offers a 24/7 emotional support crisis helpline on 08457 90 90 90

Addiction

Adfam www.adfam.org.uk

National charity for families affected by drugs and alcohol

Alcohol Concern www.alcoholconcern.org.uk

Supports those affected by alcohol. Telephone 020 3815 8920 or Drink Helpline 0800 917 8282

FRANK www.talktofrank.com

A 24 hour confidential helpline for young people, parents and carers with questions about alcohol or drugs.

Carers

Carers in Bedfordshire www.carersinbeds.org.uk

Carers in Bedfordshire is a not-for-profit registered charity providing support for carers of family members and friends throughout Bedfordshire

Carers in Herts www.carersinherts.org.uk

Carers in Herts aims to ensure all carers receive information, advice and support, participate in service planning and decision making and to be a platform for the voice of carers

Children and Young People

ChildLine www.childline.org.uk

The well-known 24 hour counselling service for children and young people

Hector's House www.hectorshouse.org.uk

Provides advice and details of services available for young people in crisis

YoungMinds www.youngminds.org.uk

Confidential helpline and support service for parents and carers worried about young people up to 25

Families

Al-Anon Family Groups www.al-anonuk.org.uk

Provides support to families affected by someone else's drinking

DrugFAM www.drugfam.co.uk

Supports families/friends/carers struggling to cope with a loved one's addiction to drugs and alcohol

Families Anonymous

www.famanon.org.uk

Meetings for families and friends of those with a drug or related behavioural problem with a spiritual ethos; meetings are currently available in Hertfordshire but not Bedfordshire, though local groups of people are encouraged to start a new group.

Family Lives

www.familylives.org.uk

Provides support in all aspects of family life, 24/7

National Domestic Violence Helpline

www.nationaldomesticviolencehelpline.org.uk

24 helpline for anyone experiencing domestic violence or worried for someone else they feel is at risk

Men's Mental Health

Campaign Against Living Miserably (CALM)

www.thecalmzone.net

Charity helping to prevent male suicide in the UK

Men's Health Forum

www.menshealthforum.org.uk

Practical information and guidance for men around stress, addiction and physical wellbeing

Self-Harm

Harmless

www.harmless.org.uk

A user-led organisation that provides support, information and training to people with self-harm, their friends and families

SelfharmUK

www.selfharm.co.uk

Project dedicated to supporting young people impacted by self-harm, providing a safe space to talk and ask questions

Self-Injury Support

www.selfinjurysupport.org.uk

Information about nationwide services to support those affected by self-harm with a text support service for young women up to 24 and a self-injury helpline for all women

Church resources

Church of England

www.churchofengland.org/resources/mental-health-resources

Diocese of St Albans

www.stalbans.anglican.org/faith/mental-health-and-wellness

Premier Lifeline

confidential Christian helpline, available 9am to midnight daily, on 0300 111 0101

Association of Christian Counsellors

www.acc-uk.org

Reading matter and Apps

The following book is one of the few general books on the subject of spirituality and mental health:

The Bible and Mental Health - Towards and Theology of Mental Health, edited by Christopher C H Cook and Isabel Hamley and published by SCM Press. It is in the form of a Reader with contributions from:

Paula Gooder on Healing and wholeness
Joanna Collicutt on the madness of Jesus
John Swinton on the Bible in pastoral care
Walter Brueggemann on Psalms and lament

and a foreword by the Archbishop of Canterbury.

The NHS provides apps aimed at providing support across the mental health spectrum. They can be accessed at <https://www.nhs.uk/apps-library/category/mental-health/>

With thanks and acknowledgement to Mind in Mid Herts and Fr Simon Cutmore for help with this information.