



# Community Connector Service

Community Connectors work with people to understand what could improve their mental health by supporting them and connecting them with their local communities.

They work across Bedfordshire and Luton as part of an integrated Mental health team to support people with emotional, social and practical needs to access a range of local non-medical and non-clinical resources that help to improve confidence, promote social inclusion and independence.

**For more information, please contact:**

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**I am extremely happy with the progress that I have made, I feel that I am considerably better than a few weeks ago and have now returned to work.**

**It was great to know that there are groups for my interests that the Community Connector found. The Community Connector pointed out that I had a strong and supportive fiancé. That has really helped me as I feel reassured that I am not alone, and I am able to talk to her when I feel down** 



[www.mind-blmk.org.uk](http://www.mind-blmk.org.uk)

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