



Luton Wellbeing Centre

Mind BLMK offers a range of services aimed at meeting individual needs and promoting mental health recovery, wellbeing and independence.

We offer a safe, non-judgemental space to take part in a variety of activities throughout the week.

Our sessions are facilitated by our recovery workers who can also provide information about other services available locally and on ways to support your wellbeing.

How to access support:

Referrals can be made by completing the referral form on our website.

For more information, please contact:

e: hq@mind-blmk.org.uk
t: 0300 330 0648

This funding was awarded by BLCF as part of the Luton Rising's Community Funding Programme.

Supported by



Managed by



Charity No. 1068724