

A safe space for when things feel too much

**Mental Health and Wellbeing
Support**

We're Here For You

Mind BLMK's Recovery Lounges are a safe, supportive space where you can access 1:1 support and a community space for some quiet time and an area to stay safe.

Where To Find Us

**5-11pm
everyday**

Monday and Tuesdays

The Lighthouse, Whichellos Wharf, The Elms, Leighton Buzzard, LU7 2TD.

Wednesday

Luton Wellbeing Centre, Dumfries Street, Chapel Langley, Luton, LU1 5BP.

Thursday

Bedford Wellbeing Centre, 3A Woburn Road, Bedford, MK40 1EG.

Friday

The Lawns Mental Health Resource Centre, The Baulk, Biggleswade, SG18 0PT.

Saturday

Luton Wellbeing Centre, Dumfries Street, Chapel Langley, Luton, LU1 5BP.

Sunday

Florence Ball House, Kimbolton Road, Bedford, MK40 2PU.

Support For You

- Chat with people with lived experience
- Talk with a mental health professional
- A safe space for tea and support
- Crisis support- an alternative to A&E
- Advice, guidance and support to other services in your area



**No Appointment Needed,
Just Turn Up**

Who is it for?

Diagnosed? Undiagnosed?
Yourself or a family member?
We're here for you- our service
is open to everyone 18+.

**To find out
more, scan
the QR code
or visit
[www.mind-
blmk.org.uk](http://www.mind-blmk.org.uk)**

