



Central Bedfordshire Mental Health & Wellbeing Hub

The hub offers people access to a choice of services to support their mental health and wellbeing.

The hub operates out of 4 locations:

Amphill, Biggleswade, Dunstable and Leighton Buzzard. A variety of services are available in each location over 2 days, all fully funded and free to access. Each location offers access to:

- Topic based group sessions
- Activity based drop-in groups
- Community Navigator Service
- (1-2-1 support)
- Peer support groups
- Tea and chat
- Online group (once per week, mixed localities)

Eligibility

Adults aged 18+ who live in Central Bedfordshire and young people aged 17 who are preparing for transition to adulthood.

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



Central
Bedfordshire
Council
Working in partnership



www.mind-blmk.org.uk

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