



# Luton Mental Health and Wellbeing Hub

Visit the hub on Luton's Local Offer site for information on services, support and advice available for children, young adults, parents/carers and families.

[Find out more](#)

 What is mental health	 Mental health crisis support	 Support for children and young people
 Mental health support lines	 Adult wellbeing including support for parents and carers	 Bereavement support
 Self-harm help	 Teacher wellbeing	 Support with LGBTQI+ issues
 Support for children from ethnic minority backgrounds	 CAMHS Wellbeing programme for parents/carers	 Resources for educational settings
 Mental health and wellbeing videos		

