

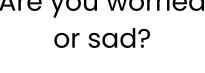
**NHS Foundation Trust** 

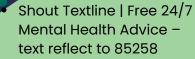
## How you feel matters: Getting support in Milton Keynes



Do you need advice?

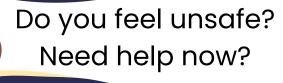
Are you worried or sad?





- Talk to a teacher or school mentor
- Talk to a School Nurse or Health Visitor 01908 725100 or Chat Health Milton Keynes TEXT 07480635517
- Visit a Children and Family CentreMK
- The Mix 0808 808 4994
- Service Six-01933 277520
- **Harrys rainbow** <u>(bereavement support)</u> 01908 061676

- Shout Textline | Free 24/7 Mental Health Advice - text reflect to 85258
- Your School Mental Health Lead or counsellor
- Talk to a School Nurse or Health Visitor -01908 725100 or Chat Health Milton Keynes TEXT 07480635517
- Childline or 0800 1111
- **Arthur Ellis**
- Service Six-01933 277520
- Harrys rainbow 01908 061676
- Samaritans-116 123



Are you very unhappy and need help?



- Dial 111 and in an 'emergency' -Dial 999
- •24/7 Children's Mental **Health Crisis Service** located in Children's **Emergency Department at** Milton Keynes Hospital

- Shout Textline | Free 24/7 Mental Health Advice - text reflect to 85258
- Children and Young Peoples Mental Health Service 01908 724228
- MK Council drug and alcohol service 01908 253011
- Children and Family Services 01908 253169 or 01908 253170
- Samaritans-116 123