

How you feel matters: Getting support in Milton Keynes



Do you need advice?

- Shout Textline | Free 24/7 Mental Health Advice – text reflect to 85258
- 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 (bereavement support) 01908 061676

Are you worried or sad?



- 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



Do you feel unsafe? Need help now?

- Local mental health crisis line 0800 0234 650
- 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

Are you very unhappy and need help?



- 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