

How you feel matters: Getting support in Milton Keynes



Do you need
advice?

- 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 Centre
- The Mix 0808 808 4994
- Harrys rainbow (bereavement support) 01908 061676
- YoungMinds

Are you worried
or sad?



- MK Wellbeing Service - email cnwl.mkwellbeingservice@nhs.net
- 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
- Shout Textline Free 24/7 mental health advice- Text REFLECT to 85258
- Samaritans-116 123



Do you feel unsafe?
Need help now?

- Young Person's Sanctuary drop-in (14-17 yrs): Wed- Fri 5pm - 10pm, Sat 4pm - 10pm at CAMHS Eaglestone Health Centre, Standing Way, MK6 5AZ or call 0300 330 0648 to find out more.
- 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