

OPAL MK

The OPAL Project is supporting children and young people in Milton Keynes aged 10-18 who are using Self Harm and Risk Taking Behaviours to become stronger, understand their feelings and to cope better with every day situations and live a healthier and happier life.

The Project offers:

1-2-1 Support

Group Work

Drop in support

Awareness Talks

For further information please contact Katie Byrne

katie.byrne@servicesix.co.uk

07850 916600