

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

Are you worried or sad?

- MK Wellbeing Service Live | CHUMS
- Your School Mental Health Lead or counsellor
- Talk to a School Nurse or Health Visitor - 01908 725100
- Childline or 0800 1111
- Shout Textline Free 24/7 mental health advice- Text SHOUT 85258
- Samaritans-116 123

Do you feel unsafe?  
Need help now?

- Young Person's Sanctuary drop-in (11-17 yrs): 7 Days a week 4pm – 10pm at CAMHS Eaglestone Health Centre, Standing Way, MK6 5AZ or call 0300 330 0648 to find out more
- Crisis Café 18+ MK phone line 5pm – 11 pm on: 01525 722 225.
- Dial 111 for mental health support
- 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?

- Young Person's Sanctuary drop-in (11-17 yrs): 7 days a week 4 pm – 10pm at CAMHS Eaglestone Health Centre, Standing Way, MK6 5AZ or call 0300 330 0648 to find out more.
- Shout Textline | Free 24/7 Mental Health Advice – text SHOUT 85258
- CAMHS 01908 724228
- Drug and alcohol support for young people 01908 253011
- Samaritans-116 123