

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?

- 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?

- 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