

# How you feel matters:

**NHS** Free & Confidential support for your mental health  
in Milton Keynes  
Central and North West London  
NHS Foundation Trust



## Do you need information & advice?

Talk to someone you trust. This could be a family member, a friend or a teacher.

Visit [YoungMinds](#) for advice & information

Talk to a [school nurse](#) by calling:  
**01908 725100**

Talk to someone at your local [Family Centre](#)

Visit [The Mix](#) and get online advice



## Are you worried or sad?

Access your school [Mental Health Support Team](#) or speak to your school counsellor.

Get local help through the [MK Wellbeing Service](#)

Visit [talkgrief](#) if you have lost someone and need to chat online

Talk to a counsellor by visiting [Childline](#) or calling **0800 1111**

## Do you feel unsafe? Need help now?



link to MK Local Offer

Call 111 Option 2 for 24/7 A free helpline for people of all ages who need urgent mental health support.

IN ANY EMERGENCY, PLEASE DIAL **999**

Children's Mental Health Crisis Service  
located in Children's Emergency  
Department  
at [Milton Keynes University Hospital](#)

The local [Crisis Café](#) is also available 365 days a year for young adults (18+) between 5pm – 11 pm



## Are you very unhappy and need help?



Text 'hope' to **88247** or call **0300 102 2470** for 24/7 access to support from [papyrus](#)

Talk to a professional at [CAMHS](#) by calling **01908 724228**

Talk to someone at the [Samaritans](#) for 24/7 help by calling **116 123**

Get [Drug and alcohol](#) support from the local youth drug and alcohol solutions service