CHUMS
Emotional Wellbeing Services

MK WELLBEING SERVICE

Supporting children and young people's emotional wellbeing and mental health



We understand that navigating the challenges of growing up can be tough, and sometimes, young people need a little extra help as early as possible. Our service is designed to offer a range of supportive options, empowering children, young people, and their families to build resilience and thrive.

If you're a child, young person, parent, or professional in Milton Keynes looking for support with emotional wellbeing and mental health, we're here to help.

Our Comprehensive Approach to Emotional Wellbeing

The MK Wellbeing Service offers a flexible blend of individual and group support, innovative digital tools and in-person services to meet a wide range of needs.

Diverse Group and Individual Support:

- Open Access Drop-ins
- Online Workshops
- Therapeutic Groups
- Individual Brief Solution-Focused Therapy

Wellbeing Support and Talking Therapies:

Our dedicated team offers practical, accessible support to help young people develop strategies, build confidence, and improve wellbeing.

The MINDJURNY Digital Platform

This innovative platform offers round-the-clock access to a wealth of pre-recorded, evidence-based interventions and resources.

Designed for Children & Young People (CYP's), Parent/Carers, and Professionals, MINDJURNY provides a flexible way to engage with support at your own pace and convenience.

Who we help:

- Children and Young People aged 7-18
- Young People up to 25 with Special Educational Needs and Disabilities (SEND) or who are care leavers
- Who may be experiencing mild to moderate difficulties with:
  - Anxiety, worry, or low mood
  - Stress
  - Low self-esteem or confidence
  - Sleep
  - Understanding neurodivergence and its impact on daily life

How to access support:

- Self-referral through our website: chums.uk.com/mk-wellbeing-service-live
- CAMHS Single Point of Access
- Milton Keynes Family Centres

Please note, CHUMS is not an emergency or crisis service. If your child needs immediate support, please visit A&E, your GP or call NHS 111.

Funded by Milton Keynes City Council

NHS
Bedfordshire, Luton and Milton Keynes
Integrated Care Board

Visit our website
chums.uk.com/mk-wellbeing-service-live/