

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 or Chat Health Milton Keynes TEXT 07480635517
- Visit a Children and Family Centre
- The Mix 0808 808 4994
- Harrys rainbow (bereavement support) 01908 061676
- YoungMinds

Are you worried
or sad?



- MK Wellbeing Service - email cnwl.mkwellbeing@nhs.net
- ZONE INN, Chill-Chat- Support for date and information 01908 310010
- Your School Mental Health Lead or counsellor
- Talk to a School Nurse or Health Visitor -01908 725100 or Chat Health Milton Keynes TEXT 07480635517
- Childline or 0800 1111
- Shout Textline Free 24/7 mental health advice- Text REFLECT to 85258
- Samaritans-116 123



Do you feel unsafe?
Need help now?

- Young Person's Sanctuary drop-in (14-17 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?



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- CAMHS 01908 724228
- Drug and alcohol support for young people 01908 253011
- Samaritans-116 123