



# Visiting the Young Person's Sanctuary (YPS)



# Getting to the YPS

We are based at **Eaglestone Health Centre** on the Milton Keynes University Hospital site...

... And we are open **7 days a week.** That's Monday to Sunday...

...On weekdays, we are open **from 5pm – 10pm**, and on weekends **4pm – 10pm.**



## **Address:**

Eaglestone Health Centre  
Standing Way  
Milton Keynes  
MK6 5AZ



**The Entrance is here!**

# Ring the Doorbell

When you arrive, you will need to ring the doorbell. We can then **speak to you through the intercom** to let you know that a **YPS Youth Worker** is coming to meet you...

...Together, we will go **up the stairs** and enter the MK Specialist CAMHS area...



# Inside the YPS

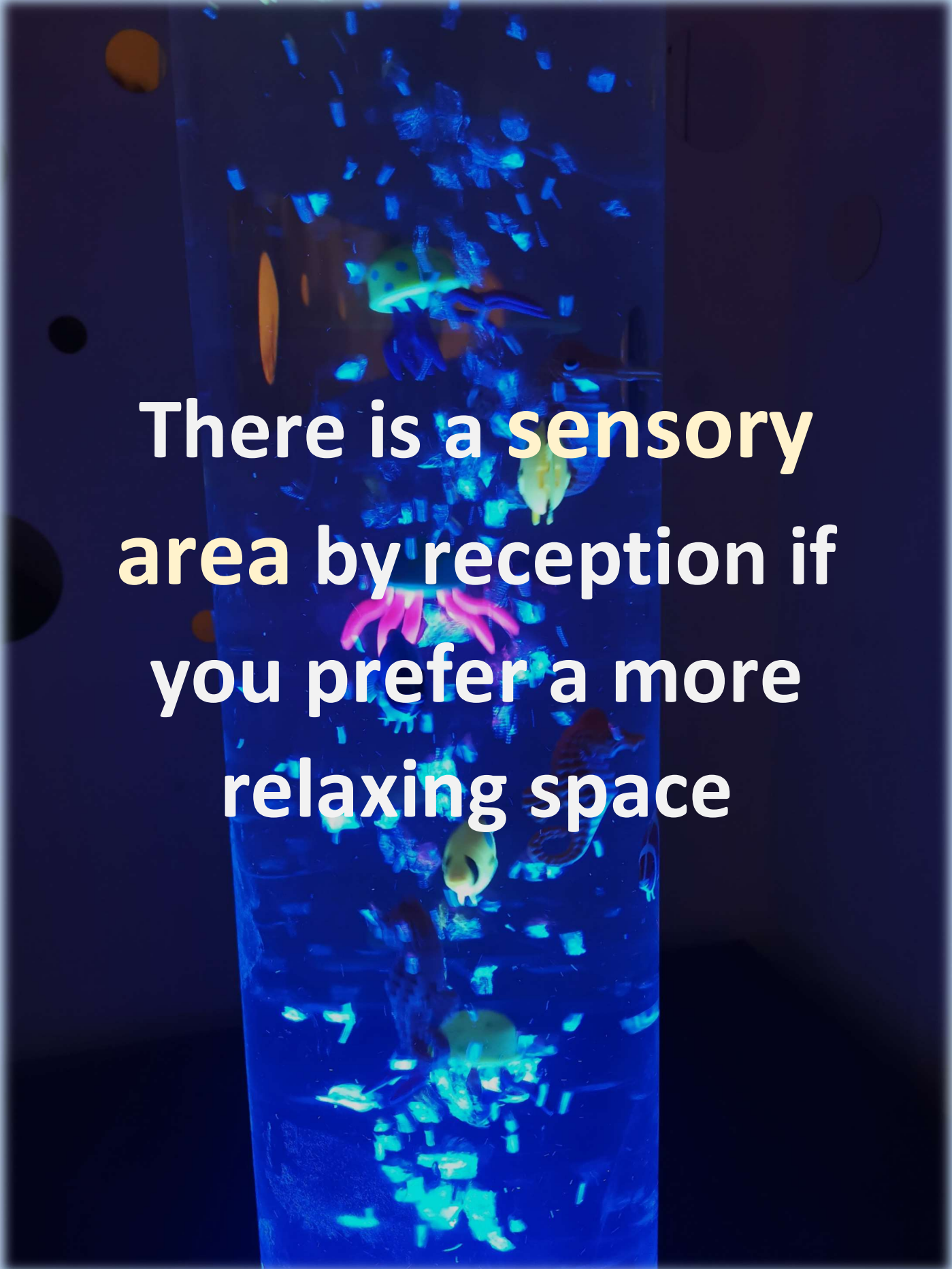
...You can then take a seat  
in the **waiting room**...



...Where you will be offered  
a **cold or hot drink**...







**There is a sensory  
area by reception if  
you prefer a more  
relaxing space**

...You will be asked to **fill in a form**, after which you will go into a room with a member of the YPS team...



# One-to-One chat

...You can talk to the Young Person's Mental Health Worker about **anything on your mind** in a **non-judgemental** and **confidential** environment....



...This could include any issues which are **affecting your mental health** such as **anxiety, suicidal thoughts, depression** etc...

...It is ok if you do not feel like talking. You are more than welcome to **use your phone or a notepad to write down your feelings...**



We offer a **non-pressurised environment,** so you feel **comfortable**

...If you talk about something that means there is a **risk to your safety,** the YPS worker might have to speak to a **trusted adult,** for example your **parent or guardian,** to discuss the **best ways to keep you safe...**



# Other different things that could happen in your session:

**Filling out a safety  
or well-being plan.**

This is to identify  
ways to keep  
yourself safe and  
well at home.



**Learning and practicing  
some coping techniques.**

For example, breathing  
techniques or writing  
ideas on a worksheet.





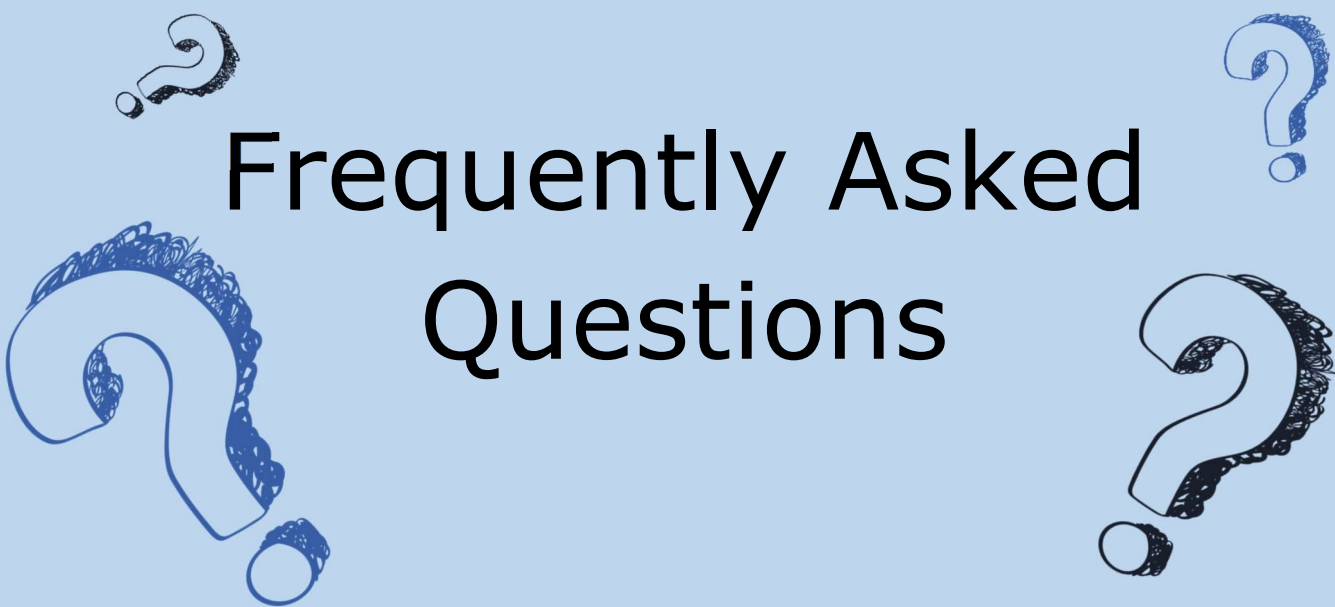
You might **play a game**  
with a Youth Worker,  
such as a card or board  
game.



Or, you might do some **art**  
**activities.**

For example, drawing or  
colouring.





# Frequently Asked Questions

## How is my information kept?

All information remains on our system. Nobody has access to it apart from the staff.

Mind BLMK will use your information appropriately and in line with our Privacy Policy which you can see here:

**Privacy Policy** (<https://www.mind-blmk.org.uk/privacypolicy>)

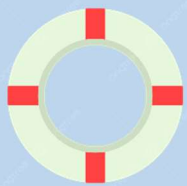
Your details will not be shared with anyone else without your consent



**If I discuss something with a Youth Mental Health Worker, will it remain confidential?**



We do not tell your parents/carers/school know that you visited us, unless there's a safeguarding concern where an identified trusted adult and other service may have to be contacted. Where possible, we will let you know if a safeguarding concern is raised and support you step by step through it.



**What are your safeguarding procedures?**

All staff are DBS checked. Any serious safeguarding concerns can be reported in line with our policy and procedures. Where information is given in confidence that Mind BLMK believes poses a risk to the service user, a risk to other people, a risk to the safety and welfare of a child, or is against the law, we reserve the right to disclose that information to a relevant third party.