

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 CentreMK
- YIS 01908 604700
- Arthur Ellis
- The Mix 0808 808 4994
- Service Six-01933 277520
- Harrys rainbow (bereavement support) 01908 061676

Are you worried
or sad?



- 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
- MK YIS 01908 604700
- Arthur Ellis
- Service Six-01933 277520
- Harrys rainbow 01908 061676
- Samaritans-116 123



Do you feel unsafe?
Need help now?

- Local mental health crisis line 0800 0234 650
- Shout Textline | Free 24/7 Mental Health Support Via Text | YoungMinds-Text 85258
- Dial 111 and choose 'option 2' 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?



- Children and Young Peoples Mental Health Service 01908 724228
- MK Council drug and alcohol service 01908 253011
- Children and Family Services 01908 253169 or 01908 253170