

# Support for Children, Young People & Families in Milton Keynes – Mental Health & Wellbeing (August 23)

## Current offer of local support:

There is a range of local support and services available to support children, young people and adults. These can be found in the supporting documents:



Mental Health Public Directory.pdf    How you feel matters  
Getting support in Mil

Support from the local education psychology service when managing critical incidents is also available [here](#). This includes guidance on responding to critical incidents and resources for children and parents/carers.

In terms of local support for younger children:

**Harrys Rainbow** help children who have lost siblings or children who have lost a parent in MK. Please visit <https://www.harrysrainbow.co.uk/> or call 01908 061676

## Useful national sources of support:

- **Children Bereavement UK** - <https://www.childbereavementuk.org/> or **0800 0288840**  
Child Bereavement UK supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement
- **Winston's Wish** - [www.winstonswish.org.uk](http://www.winstonswish.org.uk)  
Offering practical support and guidance to bereaved children, their families and professionals  
Freephone Helpline: 08088 020 021 (Mon - Fri 09:00 – 17:00) or [ask@winstonswish.org.uk](mailto:ask@winstonswish.org.uk)
- **Samaritans** - [www.samaritans.org](http://www.samaritans.org)  
Helps people of all ages in distress, through telephone or email support:  
**Tel: 116 123 / Email: [jo@samaritans.org](mailto:jo@samaritans.org)** (response in 24hrs)
- **Childline** - [www.childline.org.uk](http://www.childline.org.uk) or **0800 1111**  
Offers online advice through an app or desktop site, with coping strategies, message boards, “ask Sam” feature, 24/7 online 1-2-1 Counsellor and Freephone helpline for young people up to the age of 19
- **Young Minds** - [www.youngminds.org.uk](http://www.youngminds.org.uk) **Parents helpline: 0808 802 5544** or visit [www.youngminds.org.uk/find-help/for-parents/](http://www.youngminds.org.uk/find-help/for-parents/)
- **The Mix** - [www.themix.org.uk/](http://www.themix.org.uk/)  
For any issue affecting young people under 25. Crisis messenger text service 24/7 crisis support across the UK  
**Tel: 0808 808 4994 or Text THE MIX to 85258**

## Supporting children and young people – General approach:

- Keep connected to young people, offer support in the general sense by letting them know you are there to talk and listen
- Encourage parents/carers to discuss positive strategies to cope and share support services information with parents/carers
- Signpost families to the GP if they or their child would like further support

The **Anna Freud Centre** has a range of resource available, including specific resources for dealing with loss and bereavement can be found [here](#)

## Support for staff wellbeing:

If you are struggling or would like support, staff can contact the Keeping Well team for confidential wellbeing and psychological support. There are a range of ways to get in touch with the service:

- Call us on 01908 724 227
- Live chat on the website <https://www.keepingwellblmk.nhs.uk/>
- Email [keepingwell.blmk@nhs.net](mailto:keepingwell.blmk@nhs.net)
- [Complete a self-referral form](#)
- [Request a call back](#)

## Support for parents and carers:

[Every Mind Matters - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Get help - free, 24/7, confidential mental health text support service | Shout 85258 \(giveusashout.org\)](#)

[Home :: MK Talking Therapies](#)

[Young Minds has lots of support for parents](#) including a helpline and guidance around [parenting with a mental illness](#).

[Mind Ed](#) has safe and reliable advice about young people's mental health, created by experts and parents together and has advice for parents on [what to do if you are concerned](#).

[Better Health, Every Mind Matters](#) has tips for supporting children and young people with their mental health