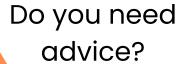




## How you feel matters: Getting support in Milton Keynes



Are you worried or sad?



- 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
- <u>Harrys rainbow</u>
   (bereavement support)
   01908 061676
- YoungMinds

- MK Wellbeing Service email cnwl.mkwellbeingservice@nhs.net
- 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
- Arthur Ellis
- Service Six-01933 277520
- Shout Textline Free 24/7 mental health advice- Text REFLECT to 85258
- <u>Samaritans</u>-116 123

Do you feel unsafe? Need help now?

Are you very unhappy and need help?

- Young Person's Sanctuary drop-in (14-17 yrs): Wed-Fri 5pm 10pm, Sat 4pm 10pm at CAMHS Eaglestone Health Centre, Standing Way, MK6 5AZ or call 0300 330 0648 to find out more.
- Local mental health crisis line 0800 0234 650
- Dial III and in an 'emergency' -Dial 999
- •24/7 Children's Mental Health Crisis
   Service located in Children's Emergency
   Department at Milton Keynes Hospital

- Shout Textline | Free 24/7 Mental Health Advice – text reflect to 85258
- 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
- Samaritans-116 123