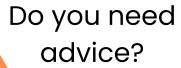


How you feel matters: Getting support in Milton Keynes



Are you worried or sad?



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

- 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
- <u>Harrys rainbow</u> 01908 061676
- <u>Samaritans</u>-116 123

Do you feel unsafe? Need help now?

Are you very unhappy and need help?



- 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

- 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