

# How you feel matters: Getting support in Milton Keynes



Do you need advice?

- Shout Textline | Free 24/7 Mental Health Advice – text reflect to 85258
- 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](tel:01908604700) 01908 604700
- [The Mix](tel:08088084994) 0808 808 4994
- [Service Six](tel:01933277520) -01933 277520
- [Harrys rainbow](tel:01908061676) ([bereavement support](tel:01908061676)) 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](tel:08001111) or 0800 1111
- [MK YIS](tel:01908604700) 01908 604700
- [Arthur Ellis](tel:01933277520)
- [Service Six](tel:01933277520) -01933 277520
- [Harrys rainbow](tel:01908061676) 01908 061676
- [Samaritans](tel:116123) -116 123



Do you feel unsafe?  
Need help now?

- Local mental health crisis line 0800 0234 650
- 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?



- 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