

Milton Keynes Adult Mental Health Support

Get Advice

Lacking confidence and self-esteem;
Friendship issues; Bullying

- Mind BLMK - www.mind-blmk.org.uk / 0300 330 0548
- Mental Health Apps - www.nhs.uk/apps-library/category/mental-health
- Milton Keynes Council Mental Health and Autism Social Care Team - access.team@milton-keynes.gov.uk / 01908 253 772
- POhWer - www.pohwer.net / 0300 020 0092

Get Help

Stress; Low mood/ sad; Lack of motivation; Anxiety; Bereavement

- Mind BLMK - www.mind-blmk.org.uk / 0300 330 0548
- Rethink Mental Illness - mkds@rethink.org / 01908 585085
- The Mix - hello@themixmk.com / 07591 354 528
- MK Talking Therapy Webinars - <https://mktalkingtherapies.nhs.uk/blmk-events>

Get Crisis Support

Suicidal plans; Severe self-harm needing treatment; Emotional deregulation; Unable to keep safe; Hallucinations/ hearing voices

- Mind BLMK - Crisis Cafe - 01525 722 225 (available 5pm-11pm) / CrisisCafe@mind-blmk.org.uk
- Samaritans - 116 123
- Mental Health Crisis Line - 01908 724365

If in an emergency dial 999

Get More Help

Extreme stress; Depressed/ withdrawn; Sleep and appetite problems; Hearing voices; Self-harm; Suicidal thoughts

- Mind BLMK - www.mind-blmk.org.uk / 0300 330 0548
- Central North West London Trust - <https://www.cnwl.nhs.uk/>
- Milton Keynes Talking Therapies - 01908 725099
- ARC Milton Keynes (Addiction Recovery Community) - cnwl.arc-mk@nhs.net / 01908 253 772
- Samaritans - 116 123