

How you feel matters...getting help in Milton Keynes

Questions?



Get Advice

KOOTH www.Kooth.Com

Talk to a Teacher or School mentor

Talk to a School Nurse or Health Visitor 01908 725100

Text ChatHealth 07480635517 – confidential text message service

Visit a Children and Family Centre

YIS Young People's mental health www.mkymis.org.uk 01908 604700

Arthur Ellis www.arthurellismhs.com or <https://arthurellismhs.com/mental-health-support/>

Mental Health Apps <https://www.nhs.uk/apps-library/category/mental-health-support/>

The Mix 0808 808 4994

Get Help

KOOTH www.Kooth.Com

School mental health Lead or Counsellor

Talk to a School Nurse or Health Visitor 01908 725100

YIS Young People's mental health www.mkymis.org.uk 01908 604700

Arthur Ellis www.arthurellismhs.com <https://arthurellismhs.com/mental-health-support/>

Child Bereavement UK 0800 02 888 40

Good Grief 0800 2600 400

Worried or sad?



Get Risk Support

Mental health crisis line 01908 724365

24/7 Children's mental health crisis service located in Children's Emergency Department

In an 'emergency'

Dial 999

Get More Help

KOOTH www.Kooth.Com

Children and Young Peoples Mental Health Service 01908 724544

MK Council drug and alcohol service 01908 253011

Children and Family Practice (via MASH) 01908 253169 or 01908 253170



Don't feel safe? Need help now?



Really unhappy and need help?

