

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

Visit a Children and Family Centre

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

Arthur Ellis www.arthurellismhs.com

The Mix 0808 808 4994

Youth Starz 01933 277520

Get Help

KOOTH www.kooth.com

School mental health Lead or Counsellor

Talk to a School Nurse or Health Visitor 01908 725100

Childline - www.childline.org.uk

or 0800 1111

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

Arthur Ellis www.arthurellismhs.com

Child Bereavement UK

0800 02 888 40

Worried or sad?



Get Risk Support

Mental health crisis line

0800 0234 650

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 724228

MK Council drug and alcohol service 01908 253011

Children and Family Services
01908 253169 or
01908 253170



Don't feel safe? Need help now?



Really unhappy and need help?