

Get Advice

- Lacking confidence
- Problems with self esteem
- Friendship issues
- Bullying
- 'worry tummy'

KOOTH www.kooth.com

Teacher or School mentor
0-19 services Single Point of Access (SPA)
01908 725100

SEND local Offer [here](#)

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

Arthur Ellis www.arthurellismhs.com

Young Minds www.youngminds.org.uk

The Mix 0808 808 4994

Service Six 01933 277520

KOOTH www.kooth.com

School mental health Lead or Counsellor
(including your Mental Health Support Team if in place)

0-19 services SPA 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

Service Six 01933 277520

Child Bereavement UK
0800 02 888 40

Get Help

- Worries keeping them awake
- Stress
- Low in mood/sad
- Isolating
- Lack of motivation
- Change in appetite
- School attendance issues
- Anxiety
- Bereavement

Feeling well

Get Risk Support

- Suicidal plans
- Severe self harm needing treatment
- Emotional deregulation
- Unable to keep safe
- Daily function severely impaired
- Hallucinations / hearing voices

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

Children and Young People's mental health service
SPA 01908 724228
(existing patients call 01908 724544)

MK Council drug and alcohol service
01908 253011

Childrens Social Care
01908 253169 or
01908 253170

SAIT and FAST (if child open to Children's Social Care 01908 253232)

Educational Psychology and Specialist Teachers
(if child open to SEN Support, referral via school)

Get More Help

- Extreme stress
- Moderate to severe anxiety
- Depressed/withdrawn
- Sleep and appetite problems
- Hearing voices
- Self harm
- Drug and alcohol issues
- Suicidal thoughts