

USEFUL CONTACTS FOR STUDENTS

Childline

0800 1111

www.childline.org.uk/get-support

Provides free and confidential support to anyone under 19



Kooth

www.kooth.com

Counsellors available until 10pm every day. Free, safe and anonymous online counselling for young people.



Free, safe and anonymous
online support for young people

YIS

<https://www.mkyis.org.uk/>

Young people's mental health



Action for Children

www.actionforchildren.org.uk

Charity supporting children, young people and their families across England.



Adult Social Care – Milton Keynes Council

<https://www.milton-keynes.gov.uk/social-care-and-health/adult-social-care>

If you're worried about a vulnerable adult call 01908 253 772



Anxiety UK

03444 775 774 (helpline)

07537 416 905 (text)

www.anxietyuk.org.uk

Advice and support for people living with anxiety



Arthur Ellis

<https://www.arthurellismhs.com/>



Beat

0808 801 0711 (youth line)

0808 801 0677 (adult line)

www.beateatingdisorders.co.uk

Under 18s helpline, webchat and online support groups for people with eating disorders, such as anorexia and bulimia.



CAMHS (Child and Adolescent Mental Health Service)

01908 725 372

www.cnwl.nhs.uk/service/milton-keynes-camhs/

CAMHS supports families and professionals who are concerned about children and young people who may be experiencing mental health difficulties.



Campaign Against Living Miserably (CALM)

0800 58 58 58

www.thecalmzone.net

Provides listening services, information and support for men at risk of suicide, including web chat



Carer's Trust

www.carers.org/about-us/about-young-carers

Support for Young Carers under 18



Centrepoint

0808 800 0661

www.centrepoint.org.uk

Provides advice, housing and support for young people aged 16–25 who are homeless or at risk of homelessness in England



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Children's Services Hub – Milton Keynes Council

<https://www.milton-keynes.gov.uk/children-young-people-families/children-s-sc>

If you're worried about a child, call 01908 253169 or 01908 253170



Drugfam

0300 888 3853

www.drugfam.co.uk

office@drugfam.co.uk

Supporting families, friends and partners affected by someone else's drug or alcohol use; including those bereaved by addiction or related suicide.



FRANK

0300 123 6600

www.talktofrank.com

Confidential advice and information about drugs, their effects and the law



Hope Again

0808 808 1677

www.hopeagain.org.uk

Support for young people when someone dies



Hub of Hope

www.hubofhope.co.uk

A national database of mental health charities and organisations from across Britain who offer mental health advice and support.



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online support for young people

Mind

www.mind-blmk.org.uk/

Information for young people

www.mind.org.uk/information-support/for-children-and-young-people/

A mental health charity, with a positive and holistic approach to promoting mental wellbeing



Mencap

0808 808 1111

www.mencap.org.uk

Information and advice for people with a learning disability, families and carers.



National Society for the Prevention of Cruelty to Children (NSPCC)

0800 800 5000

0800 1111 (18 or under)

www.nspcc.org.uk

Support for children and anyone worried about a child



NHS Go

www.nhsgo.uk

NHS app with confidential health advice and support for 16–25 year olds



NHS 111 (for non-urgent medical problems)

www.111.nhs.uk

No Panic

0330 606 1174 (Youth helpline)

0844 967 4848 (Helpline)

www.nopanic.org.uk/no-panic-youth-hub

Charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD)



OCD Youth

www.ocdyouth.org

Youth Support for young people with obsessive-compulsive disorder (OCD)



On My Mind

www.annafreud.org/on-my-mind

Information for young people to make informed choices about their mental health and wellbeing



Papyrus HOPELINEUK

0800 068 41 41

07786 209697 (text)

www.papyrus-uk.org

Confidential support for under-35s at risk of suicide and others who are concerned about them



Milton Keynes Q:Alliance

<http://qalliance.org.uk/>

LGBT+Q help and support



Refuge

0808 200 0247

www.refuge.org.uk

Help and support for young people affected by domestic violence



Relate

0300 003 0396

www.relate.org.uk

Provides help and support with relationships, including counselling, telephone counselling and anonymous live chat.



Rethink Mental Illness

0300 5000 927

www.rethink.org

Provides support and information for anyone affected by mental health problems, including local support groups



Safeline

0808 800 5007

www.safeline.org.uk

Young people's helpline, helping survivors of sexual abuse and rape



Samaritans

116 123

www.samaritans.org

jo@samaritans.org

24-hour emotional support for anyone who needs to talk

**Shelter**

0808 800 4444

www.shelter.org.uk/youngpeople

Charity working for people in housing need by providing free, independent, expert housing advice

**The Mix**

0808 808 4994

85258 (crisis messenger service, Text THEMIX)

www.themix.org.uk

Support and advice for under 25s, including webchat

**Time to Change**

www.time-to-change.org.uk

National campaign to end stigma and discrimination against people with mental health problems in England and Wales.

**Victim Support**

0808 168 9111

www.victimsupport.org.uk

Provides emotional and practical support for people affected by crime and traumatic events.

**Voice Collective**

www.voicecollective.co.uk

Support for people under 25 who hear voices, have visions or other unusual sensory experiences or beliefs

**Women's Aid (England)**

0808 2000 247

www.womensaid.org.uk

Information and support for women and children experiencing domestic abuse, including a directory of local services



YoungMinds

0808 802 5544 (parents' helpline)
85258 (crisis messenger service, text YM)

www.youngminds.org.uk

Committed to improving the mental health of babies, children and young people, including support for parents and carers. Provides information on medication for young people.



Young Stonewall

0800 050 2020

www.youngstonewall.org.uk

Information and support for all young lesbian, gay, bi and trans people.



Youth Access

www.youthaccess.org.uk

Advice and counselling network for young people, including details of free local services.



Young Carers Support Workers

The Young Carers team is also here for any support Young Carers may require:

Bryony Gibbens

bryony.gibbens@carersmiltonkeynes.org

07513 125 012

Lydia Rolph

lydia.Rolph@carersmiltonkeynes.org

07513 127 633

Shamil Shah

shamil.Shah@carersmiltonkeynes.org

07513 126 623

For information on how to get help when someone you know is in a mental health crisis:

<https://www.rethink.org/advice-and-information/carers-hub/getting-help-in-a-crisis/>

<https://www.rethink.org/aboutus/what-we-do/advice-and-information-service/get-help-now>

