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.

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/

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

Child Bereavement UK
0800 02 888 40
https://www.childbereavementuk.org/
Child Bereavement UK helps families to rebuild their lives when a child grieves or when a child dies.

Harry's rainbow
01908 061676
https://harrysrainbow.co.uk/
Supporting children bereaved of a parent or sibling in Milton Keynes.

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

Childline
0800 1111
www.childline.org.uk/get-support
Provides free and confidential support to anyone under 19

Children's Services Hub – Milton Keynes Council
https://www.milton-keynes.gov.uk/children-young-people-families/children-s-soci
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.

Kooth
www.kooth.com
Counsellors available until 10pm every day.
Free, safe and anonymous online counselling 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

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)

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

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.

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/