

Information if need wellbeing support

Young Persons Sanctuary - Drop in and is open 7 days a week (**Monday – Sunday** from **4.00pm -10.00pm**) at CAMHS Eaglestone Health Centre, Standing Way, Milton Keynes, MK6 5AZ

Samaritans- Call **116 123** for free, 24/7 support

Childline - Call 0800 1111 if you are under 18 and need to talk

Single point of access mental health crisis team - 0800 0234 650 or NHS 111

IAPT self-referral form: <https://mktalkingtherapies.nhs.uk/self-referral>

Arthur Ellis <https://arthurellismhs.com/>

Mind list of helplines and listening services -

<https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/helplines-listening-services/>

Information and advice on supporting someone with suicidal thoughts -

<https://www.rethink.org/advice-and-information/carers-hub/suicidal-thoughts-how-to-support-someone/>

Opal Project – Help for those who have issues around self-harm.

<https://www.servicesix.co.uk/milton-keynes/>

Service Six Wellbeing drop in – Every Wednesday 4:30-6:30 free to drop in at Chapter House, Coffee Hall, MK6 5EE