

## Get Advice

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

KOOTH [www.Kooth.Com](http://www.Kooth.Com)

Teacher or School mentor

0-19 services SPA 01908 725100

Children and Family Centre parent support and training programme

<https://www.milton-keynes.gov.uk/schools-and-lifelong-learning/send-local-offer>

YIS Young People's mental health [www.mkyis.org.uk](http://www.mkyis.org.uk) 01908 604700

Arthur Ellis [www.arthurellismhs.com](http://www.arthurellismhs.com)  
<https://www.arthurellismhs.com/mental-health-support/>

Mental Health Apps  
<https://www.nhs.uk/apps-library/category/mental-health/>

The Mix 0808 808 4994

Youth Starz 01933 277520

## Get Help

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

KOOTH [www.Kooth.Com](http://www.Kooth.Com)

School mental health Lead or Counsellor

0-19 services SPA 01908 725100

YIS Young People's mental health [www.mkyis.org.uk](http://www.mkyis.org.uk) 01908 604700

Arthur Ellis [www.arthurellismhs.com](http://www.arthurellismhs.com)  
<https://arthurellismhs.com/mental-health-support/>

Child Bereavement UK  
0800 02 888 40

Good Grief 0800 2600 400

Feeling  
Good-  
Thriving

## 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  
01908 724365

24/7 Children's mental health crisis service located in Children's Emergency Department

**In an 'emergency'**  
**Dial 999**

## 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- Depressed/withdrawn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

Children and Young People's mental health service  
SPA 01908 724544

MK Council drug and alcohol service  
01908 253011

Children and Family Practice (via MASH)  
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 )