

# USEFUL CONTACTS FOR STUDENTS

## Childline

0800 1111

[www.childline.org.uk/get-support](http://www.childline.org.uk/get-support)

Provides free and confidential support to anyone under 19



## Kooth

[www.kooth.com](http://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](http://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](http://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](http://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/](http://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.

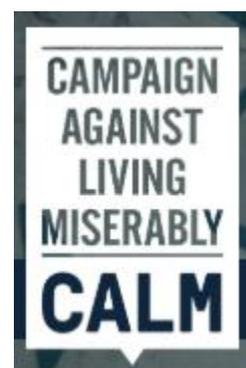


### Campaign Against Living Miserably (CALM)

0800 58 58 58

[www.thecalmzone.net](http://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](http://www.carers.org/about-us/about-young-carers)

Support for Young Carers under 18



### Centrepoint

0808 800 0661

[www.centrepoint.org.uk](http://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](http://www.drugfam.co.uk)

[office@drugfam.co.uk](mailto: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](http://www.talktofrank.com)

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



### Hope Again

0808 808 1677

[www.hopeagain.org.uk](http://www.hopeagain.org.uk)

Support for young people when someone dies



### Hub of Hope

[www.hubofhope.co.uk](http://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/](http://www.mind-blmk.org.uk/)

Information for young people

[www.mind.org.uk/information-support/for-children-and-young-people/](http://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](http://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](http://www.nspcc.org.uk)

Support for children and anyone worried about a child



### NHS Go

[www.nhsgo.uk](http://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](http://www.111.nhs.uk)

### No Panic

0330 606 1174 (Youth helpline)

0844 967 4848 (Helpline)

[www.nopanic.org.uk/no-panic-youth-hub](http://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](http://www.ocdyouth.org)

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



### On My Mind

[www.annafreud.org/on-my-mind](http://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](http://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](http://www.refuge.org.uk)

Help and support for young people affected by domestic violence



For women and children.  
Against domestic violence.

### Relate

0300 003 0396

[www.relate.org.uk](http://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](http://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](http://www.safeline.org.uk)

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



**Samaritans**

116 123

[www.samaritans.org](http://www.samaritans.org)[jo@samaritans.org](mailto:jo@samaritans.org)

24-hour emotional support for anyone who needs to talk

**Shelter**

0808 800 4444

[www.shelter.org.uk/youngpeople](http://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](http://www.themix.org.uk)

Support and advice for under 25s, including webchat

**Time to Change**[www.time-to-change.org.uk](http://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](http://www.victimsupport.org.uk)

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

**Voice Collective**[www.voicecollective.co.uk](http://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](http://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](http://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.

The logo for YoungMinds, with 'YOUNG' in yellow and 'MiNDS' in grey.

### **Young Stonewall**

0800 050 2020

[www.youngstonewall.org.uk](http://www.youngstonewall.org.uk)

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



### **Youth Access**

[www.youthaccess.org.uk](http://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](mailto:bryony.gibbens@carersmiltonkeynes.org)

07513 125 012

Lydia Rolph

[lydia.Rolph@carersmiltonkeynes.org](mailto:lydia.Rolph@carersmiltonkeynes.org)

07513 127 633

Shamil Shah

[shamil.Shah@carersmiltonkeynes.org](mailto: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>

