



## Mental Health Support for Young People

Young Minds	<u>tel:0808-802-5544</u> crisis messenger by texting 'YM' to 85258	Support for young peoples mental health
The mix	0808 808 4994 (24 hours)	Information & support
Childline	0800 1111 (24 hours)	Support & counselling
Samaritans	<u>jo@samaritans.org</u> 116 123 (24 hours)	Support & listening
B-Eat	0345 634 7650 (4pm – 10pm 365 days a year)  Email <u>fyp@b-eat.co.uk</u>	Eating Disorders
FRANK	0800 7766 00 (24 hours, won't show up on your phone bill)	Drug & alcohol advice
Stonewall	08000 50 20 20	LGBT
Hope Again	0808 808 1677 email: <u>helpline@cruse.org.uk</u>	Bereavement support
Hideout	<u><a href="http://thehideout.org.uk/young-people/home/">http://thehideout.org.uk/young-people/home/</a></u>	Young people living with domestic abuse
Campaign Against Living Miserably (CALM)	<u>0800 58 58 58</u> <u><a href="http://thecalmzone.net">thecalmzone.net</a></u>	Provides listening services, information and support for those at risk of suicide
Papyrus	<u>0800 068 41 41</u> <u>07860 039 967</u> (text) <u><a href="http://papyrus-uk.org">papyrus-uk.org</a></u>	Confidential support for under-35s at risk of suicide and others who are concerned about them.
Switchboard	<u>0300 330 0630</u> <u><a href="http://switchboard.lgbt">switchboard.lgbt</a></u>	Listening services, information and support for lesbian, gay, bisexual and transgender communities.



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BEATLINE	<u>0808 801 0677</u> (helpline) <u>0808 801 0811</u> (studentline) <u>0808 801 0711</u> (youthline) <u>beateatingdisorders.org.uk</u>	Information, helpline, webchat and online support groups for people with eating disorders, such as anorexia and bulimia. Includes information and an online support group on coronavirus.
Depression UK	<u><a href="http://depressionuk.org/">http://depressionuk.org/</a></u>	Depression self-help organisation made up of individuals and local groups.
No Panic	<u>0844 967 4848</u> (helpline) <u>0330 606 1174</u> (youth helpline) <u>nopanic.org.uk</u>	Provides a helpline, step-by-step programmes, and support for people with anxiety disorders, including coronavirus coping tips
SHOUT	Text SHOUT to 85258	24/7 crisis text service
Winston's Wish	<u><a href="https://www.winstonswish.org/helpline/">https://www.winstonswish.org/helpline/</a></u> 08088 020 021	Training and advice for schools
Childhood Bereavement Network	<u><a href="http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/find-help-near-you.aspx">http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/find-help-near-you.aspx</a></u>	Support and resources for schools



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Hope Support services	<a href="http://www.hopesupport.org.uk/">http://www.hopesupport.org.uk/</a>	available to anybody aged 11-25 when a close family member is diagnosed with a life-threatening illness
Grief Encounter	0808 802 0111 Mon-Fri 9am-9pm	Supporting bereaved young people
Harrys Rainbow.	EMAIL info@harrysrainbow.co.uk CALL 01908 061676	We support children and young people in the Milton Keynes and surrounding areas, who have been bereaved of a parent or sibling.
Arthur Ellis	<a href="mailto:info@arthurellismhs.com">info@arthurellismhs.com</a>	We will develop practical solutions to current and future mental health crisis to build on our excellent corporate Well-being Champion Training or products to teach children and young people how to manage emotions.
Youth Information service (YIS)	Room F43 c/o MK College Chaffron Way Campus, Chaffron Way, Leadenhall, Milton Keynes, MK6 5LP 01908 604700 / info@mkyis.org.uk	YiS Young People's Mental Health is a long running independent charity that works in Milton Keynes to help young people as well as the people that support them. We provide counselling, education, training and more to improve mental health and wellbeing in the local area.