

Milton Keynes Mental Health Information Services

CAHMS

www.cnwl.nhs.uk/service/milton-keynes-camhs/

01908 660033

Milton Keynes Child and Adolescent Mental Health Services (CAHMS) supports families and professionals who are concerned about children and young people who may be experiencing mental health difficulties.

The Mix: (YouthNet UK) support for under 25's

WWW.themix.org.uk

0808 8084994

The Mix is a drop-in service in Milton Keynes that provides a place for meeting and sharing information about mental health services. The informal meet ups promote self-help, peer support networks and service developments.

Mind

www.mind-blmk.org.uk

01908 646629

Mental health and wellbeing charity for Bedfordshire Luton and Milton Keynes, providing community support and service, training, consultancy and information.

In Milton Keynes, we have a central Wellbeing Centre (based on Midsummer Boulevard) where we offer counselling, peer support and peer mentoring. We also have a Community Garden project at York House in Stony Stratford and work across the community to promote better mental health and wellbeing.

Rethink

www.rethink.org

01908 585085

Provide expert, accredited advice and information to everyone affected by mental health problems. When mental illness first hits you or your family, it can be hard to know who or what to trust. RETHINK give people clear, relevant information on everything from treatment and care to benefits and employment rights. RETHINK were the first mental health charity to gain the Information Standard for a trusted and relevant information.

SANE

www.sane.org.uk

0300 3047000

SANE is a leading UK mental health charity improving quality of life for anyone affected by mental illness - including family friends and carers.

Campaign Against Living Miserably (CALM) for Men

www.thecalmzone.net/help/get-help

The Campaign Against Living Miserably (CALM) is an award-winning charity dedicated to preventing male suicide, the single biggest killer of men under the age of 45 in the UK. In 2015, 75% of all UK suicides were male.

Samaritans

www.samaritans.org.uk

116 123

Samaritans offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you. You don't have to be suicidal.

Anxiety UK

www.anxietyuk.org.uk

03444 775 774

Anxiety UK was established to promote the relief and rehabilitation of persons suffering from agoraphobia and associated anxiety disorders, phobias and conditions, in particular, but not exclusively, by raising awareness in such topics.

No Panic

www.nopanic.org.uk

0844 967 4848

No Panic is a registered charity which helps people who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders including those people who are trying to give up Tranquillizers.

MKACT

www.MKACT.com

0344 3754307

MK Act is a charity in Milton Keynes which works with over 100 families' every day to help them move on from fear and abuse. They have been providing safe emergency accommodation in Milton Keynes for women and their children escaping domestic violence for over 40 years.

MKC – Social Care & Health – See the signs

www.milton-keynes.gov.uk/social-care-and-health/public-health/5-ways-to-wellbeing-mk

Suicidal feelings can affect anyone, of any age, gender or background at any time. This web page explains how to support someone with suicidal thoughts.

Milton Keynes Centre for Integrated Living (MK CIL): Disability Information Centre

mkcil.org.uk/

MKCIL is an information centre which provides a very wide range of free and confidential information on any disability related issue for people with a disability, their families, carers and anyone else with an interest in the field of disability.

Other Useful Websites:

Mental Health Foundation

<https://www.mentalhealth.org.uk/>

Royal College of Psychiatrists (mental health information)

<https://www.rcpsych.ac.uk/expertadvice.aspx>

NHS Choices Mood Zone (stress, anxiety and depression)

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

Electronic Medicines Compendium (medication information)

<https://www.medicines.org.uk/emc/>

National Institute for Health and Care Excellence (NICE)

<https://www.nice.org.uk/>

Milton Keynes Library Service's Books on Prescription Collection and Mood Boosting Books

<https://www.milton-keynes.gov.uk/libraries/library-news-and-events/books-on-prescription>

Milton Keynes Public Health: '5 Ways to Wellbeing MK'

<https://www.milton-keynes.gov.uk/social-care-and-health/public-health/5-ways-to-wellbeing-mk>

NHS Choices Hypnotherapy information (including how to find a hypnotherapist)

<https://www.nhs.uk/conditions/hypnotherapy/>

