

## Advice, Support Groups and Helplines in Milton Keynes

**For general healthcare advice, contact the NHS 24 hours a day:**

In an emergency dial **999** – for non-emergency advice dial **111**

### **The Central and North West London NHS Trust (CNWL)**

#### **Out-of-Hours Urgent Advice Line:**

Provides advice, support and signposting to people living in Milton Keynes if you, or a friend or relative, are experiencing a mental health crisis:

24 hours a day, seven days a week, 365 days a year.

**Telephone:** 0800 0234 650 or email [cnw-tr.spa@nhs.net](mailto:cnw-tr.spa@nhs.net)

#### **Samaritans:**

Providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.

**Telephone:** 116 123 (free from any phone)

**Email:** [jo@samaritans.org](mailto:jo@samaritans.org)

**Address:** 161 Fishermead Boulevard, Fishermead, Milton Keynes. MK6 2AB

(Opening times vary – call before visiting)

#### **MIND BLMK:**

Providing support if you, or someone you know, is struggling with their mental health.

**Telephone:** 0300 330 0648

**E-mail:** [hq@mind-blmk.org.uk](mailto:hq@mind-blmk.org.uk)

**Crisis Café:** 226 Queensway, Bletchley, Milton Keynes, MK2 2TE

**Crisis Phoneline:** 01525 722 225 (Crisis resources operate 17:00 – 23:00)

#### **Relate:**

Workshops and relationship counselling for individuals, couples and families.

**Telephone:** 01908 310010

**E-mail:** [appointment@relatemk.org](mailto:appointment@relatemk.org)

**Address:** 47 Aylesbury Street, Wolverton, Milton Keynes. MK12 5HX

#### **Citizens Advice:**

Advice and support to people working and living in the borough of Milton Keynes.

**Telephone:** 0808 278 7991 (open Monday – Friday: 09:00 – 17:00) or TEXT the word ADVICE to 70020 and someone will call you back within three working days

**Address:** Acorn House, 361 Midsummer Boulevard, Central Milton Keynes

MK9 3HP (by appointment only)

### **[Milton Keynes Council – Adult Social Care Directory](#)**

### **[Age UK Milton Keynes – Information and Advice Service](#)**

### **[Milton Keynes Self-Care Steering Group – 5 Ways to Well-Being](#)**

*Please note: these represent a range of support groups and helplines available, and their inclusion is not a recommendation. All information correct at time of writing.*