

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 or text relay 18001 0800 0234

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

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

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@relationshipsmk.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 – 16:00) or email using

the [Milton Keynes CAB contact form](#) (open Monday – Friday: 16:00 – 09:00)

Address: 8b Clarendon Drive, Wymbush, Milton Keynes. MK8 8ED (for letters)

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

You can also find support online for a range of concerns via the **HUB OF HOPE**

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.