



## 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 out-of-hours:

(5pm-9am, Monday to Friday; and Saturdays, Sundays and Bank Holidays)

**Telephone:** 0800 023 4650

### **Milton Keynes Council – Adult Social Care Directory:**

<https://www.milton-keynes.gov.uk/social-care-and-health/adult-social-care/directory-search?k=>

### **Age UK Milton Keynes – Information and Advice Service:**

<https://ageuk.org.uk/miltonkeynes/our-services/information--advice/>

### **Samaritans:**

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

**Telephone:** Local rate number – 01908 667777

**Address:** 161 Fishermead Boulevard, Fishermead, Milton Keynes. MK6 2AB  
(Usually open 10:00-21:30 – call before visiting)

### **MIND Wellbeing Intervention Groups:**

A central Wellbeing Centre offering counselling, mentoring and a range of wellbeing options.

**Telephone:** 01908 257830

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

**Address:** Margaret Powell House, Midsummer Boulevard, Milton Keynes. MK9 3BN

### **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:**

All types of advice and support to people working and living in the borough of Milton Keynes.

**Telephone:** 01908 604475 (Tuesday, Wednesday and Thursday only)

**Address:** Acorn House, 361 Midsummer Boulevard, Central Milton Keynes  
MK9 3HP (Drop-in 09:30-14:00 Tuesday to Friday)

*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.*