



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 0234 650

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 or 116 123 (free from any phone)

Address: 161 Fishermead Boulevard, Fishermead, Milton Keynes. MK6 2AB
(Opening times vary – 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

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

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.