



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 or email cnw-tr.spa@nhs.net

Samaritans:

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

Telephone: Local rate number – 0330 094 5717 or 116 123 (free from any phone)

Email: jo@samaritans.org

Address: 161 Fishermead Boulevard, Fishermead, Milton Keynes. MK6 2AB
(Opening times vary – call before visiting as COVID-19 restrictions may apply)

MIND Wellbeing Intervention Groups:

Currently offering remote support if you, or someone you know, is struggling with their mental health.

Telephone: 01525 722225

E-mail: victoria.sharp@mind-blmk.org.uk

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:

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](#)

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.