

Online Support services



Child Bereavement UK Helpline for families and professionals

Some of our services include: support for adults bereaved of a baby or child, 1-1 support for children & young people and parenting support, supporting a parent to support their bereaved child/young person. This support is offered monthly via telephone or zoom. Our Helpline continues to operate as normal, providing confidential support, information and guidance to families and professionals. Our Helpline team is available to take calls and respond to emails and Live Chat 9am-5pm Monday-Friday (except Bank Holidays):

0800 02 888 40

Live Chat via the website [here](#)



YiS Young People's Mental Health

~~Coronavirus Update: We have a page of [wellbeing activities](#) you can use and Young people or adults that support them can [contact us on Messenger to get informal support and advice](#) from one of our trained professionals. For more information about mental health training and workshops please contact Toni@mkyis.org.uk~~



Youth Starz

This project is aimed at children and young people aged 5-19 (up to 25 with additional needs) years old, enabling them to increase their life skills and be supported to actively run the project and gain other valuable competencies including communication, team work whilst improving their wellbeing. We are supporting via ZOOM, WhatsApp and Phone. We also have the Sister Sister MK Project funded through the Tampon Tax Fund at Community Foundation. This project is aimed at supporting young females aged 14-24 years providing a Holistic wrap around service of early intervention through 1:1 support and Group work sessions. This is also currently being delivered via ZOOM, WhatsApp and phone

Katie Byrne, Youth Starz Project Manager

Email: katie.byrne@servicesix.co.uk Phone: 01933 277520 Mobile: 07850 916600



Ride High

Ride High is a registered charity based in Milton Keynes that transforms the lives of disadvantaged children and those having difficulties in their daily lives, by giving them the opportunity to learn to ride and care for horses.



Arthur Ellis Mental Health Support

How can we help: *1:1 Mentoring, Wellbeing Webinars, Online Training*
info@arthurellismhs.com



Harry's Rainbow Spreading sunshine to bereaved children and their families

Harry's Rainbow support children bereaved of parents and siblings, in the Milton Keynes and surrounding areas. ~~We have adapted our support programmes to ensure continuity of support during the Covid pandemic.~~ These include online groups, a buddy programme and emotional and wellbeing mentor support.

Mental Health Support & Virtual online groups

EMAIL: info@harrysrainbow.co.uk CALL: 01908 061676



Kooth: Online Counselling and Wellbeing Support

Free, safe and anonymous support for 11 - 19 year olds. Kooth is a website children and young people can use to get advice, support and guidance for any problem, no matter how big or small. They can chat online to professional counsellors, read articles written by young people, join forums to receive peer-to-peer support, access self-help materials and keep a daily journal. Regular forums cover topics ranging from exam stress and anxiety to eating disorders and grief.



Young Minds

~~Coronavirus and mental health: Tips, advice and guidance on where you can get support for your mental health during the coronavirus (COVID-19) pandemic~~



Big White Wall

A safe community to support your mental health An anonymous community where members can support each other, Access 24 hours a day, 365 days a year
Trained professionals available 24/7 to keep the community safe
Self-assessments & recommended resources



BLMK

Working across Bedfordshire Luton and Milton Keynes

Mind

If you or someone you know needs support with their mental health, we are still here for you. Our support will be offered remotely and from 25 March 2020, if you are based in Milton Keynes and would like to talk to someone, please contact us on 01525 722 225 or e-mail Victoria.Sharp@mind-blmk.org.uk



The Mix

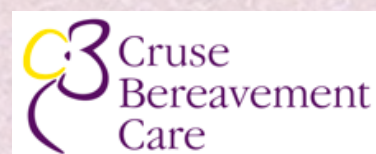
The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via online, social or our free, confidential helpline.

0808 808 4994



Welcome to the Good Grief Trust

We're so sorry you had to find us, but we want you to know that you're not alone and we will try our best to guide you in the right direction. ~~We offer our heartfelt condolences to anyone who has suffered a bereavement through COVID-19 or under any circumstance, before or during these uncertain times.~~ Call **0800 2600 400**



Cruse Bereavement Care

We offer support, advice and information to children, young people and adults when someone dies.



Sexual Assault & Abuse Service

We are open and providing online and telephone support to individuals age 16 and over who have experienced any form of sexual assault and/or abuse. If you or someone you know would like support including parents and carers of survivors please contact us at support@avmksaass.org.uk or **01296 719772**

Online chat available Tuesday and Thursday 9:00 – 11:00 am

We are still here for you!

Community arts charity Inter-Action MK has been bringing arts to life in Milton Keynes for over 40 years. We use the arts to bring joy and purpose to all communities and especially to improve the life chances of people with support needs or disabilities or in challenging or vulnerable circumstances.



iCaSH

Contraception & Sexual Health Advice in Milton Keynes for 13 - 24 yr olds, call **0300 300 3030**

Mental Health & Wellbeing Apps



Chill Panda

Play your way to a calmer day with ChillPanda



MEETWO

MeeTwo helps you **teenagers** talk about difficult things



Think Ninja

This will bring self-help knowledge and skills to children and young people (**10-18 years old**) who may be experiencing increased anxiety and stress during the crisis.



Elefriends

A supportive online community; a safe space to listen, share thoughts and be heard. Run by MIND. Over 17's only



SAM

SAM is an application to help you understand and manage anxiety.



Calm Harm

Designed to help people resist or manage the urge to self-harm



Stay Alive

A suicide prevention resource to help people stay safe



Recovery Warriors

Rise up + Recover is an app for people struggling with food, diet, exercise and body image

'This information has been compiled with the help of Community Action: MK's Young People's Multi-Agency Support Group'