



Milton Keynes 0-19 Team Secondary School Resources

School Nursing Contact Details:

Single Point of Access - 01908 725100
Mon-Fri 9.30am -12.30pm and 1.30pm - 4.30pm

CNWL- Milton Keynes 0-19 Team Website:

<https://www.mkchildrenshealth.cnwl.nhs.uk/>

CNWL- Milton Keynes Facebook Page:



Follow us @ Milton Keynes Health Visiting and School Nursing Service

Chat Health Milton Keynes

Anonymous text messaging service for children age 11-19 managed by the 0-19 Team. Young People can text confidentially on 07480 635517

Resources

Bullying

<https://www.bullying.co.uk/> Tel: 0808 800 2222

NSPCC [Helping Children Deal with Bullying & Cyberbullying](#) | NSPCC

Bereavement

Child Bereavement UK - <https://www.childbereavementuk.org/>

Child Bereavement Network - <https://childhoodbereavementnetwork.org.uk/>

Caring responsibilities

<https://carersmiltonkeynes.org/>

<https://carersmiltonkeynes.org/information-for-carers/young-carers/>

Chat Health Milton Keynes

Anonymous text messaging service for children age 11-19 managed by the 0-19 Team Text 07480635517

Continence

<https://www.eric.org.uk/>

Continence - information on bowel and bladder problems (including bed wetting, day and night time)

Domestic Abuse

<https://loversrespect.co.uk/>

<https://thehideout.org.uk/>

MK-ACT - <https://www.mkact.com>

Drug and Alcohol

The Milton Keynes Young People's Drug and Alcohol Team. Any professional can refer young people into the service Tel: **01908 253011** –

Support for children affected by someone else's or their own drug and alcohol misuse - <https://www.milton-keynes.gov.uk/health-and-wellbeing-hub/support-for-drugs-alcohol-and-gambling/drugs-alcohol-and-young-people#:~:text=The%20Young%20People%E2%80%99s%20Drug%20and%20Alcohol%20Service%20%28formerly.and%20specialist%20support%20for%20young%20people%20who%20are%3B>

Adults Service, <https://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/arc-milton-keynes>

<https://www.talktofrank.com/>

<https://www.themix.org.uk/drink-and-drugs>

Eating Disorders

<https://www.beateatingdisorders.org.uk/>

Email: fyp@beateatingdisorders.org.uk Tel: 0808 801 0711

[Eating Disorders | Teenage Helpline](#)

What To Do If You're Experiencing Eating Problems | YoungMinds

Emotional well-being

Kooth - Free, safe and anonymous online support for young people - <https://www.kooth.com/>

Young People's Mental Health - <https://www.mkyis.org.uk>

Young Minds - www.youngminds.org.uk

Childline - www.childline.org.uk

Samaritans - <https://www.samaritans.org/> / Tel: 116 123 (24 hours)

<https://www.themix.org.uk/your-body/> / Tel: 0808 808 4994 (24hours)
Advice on sex & relationships, your body, drink & drugs, housing, money, work & study, crime & safety, travel & lifestyle

<https://papyrus-uk.org> Tel: 0800 068 4141
Prevention of young suicide

Family Lives - <https://www.familylives.org.uk/advice/your-family/wellbeing/>

Arthur Ellis Mental Health support - <https://www.arthurellismhs.com/#SupportforParentGPSchools>

Barnardo's - [Mental health and emotional wellbeing | Barnardo's \(barnardos.org.uk\)](https://www.barnardos.org.uk)

Mental Health Apps - <https://www.nhs.uk/apps-library/category/mental-health/>

Directly related to Covid-19 but also general mood/download app - <https://www.healios.org.uk/services/thinkninja1>

Helping children cope with stress during Covid-19 outbreak - https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2

Covid-19 guidance on supporting children and young people's mental health and wellbeing - <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing->

Support for children affected by someone else's or their own drug and alcohol misuse - <https://www.milton-keynes.gov.uk/health-and-wellbeing-hub/support-for-drugs-alcohol-and-gambling/drugs-alcohol-and-young-people#:~:text=The%20Young%20People%E2%80%99s%20Drug%20and%20Alcoh>

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FGM

<http://www.dofeve.org/>

[Female Genital Mutilation - Prevent & Protect | NSPCC](#)

[FGM Resources – National FGM Centre](#)

Financial difficulty support

MK Storehouse, free clothing for adults and children - [Home \(mkstorehouse.org\)](#)

[Coping with financial worries - NHS \(www.nhs.uk\)](#)

[Children and Family Centres - Milton Keynes Council \(milton-keynes.gov.uk\)](#)

Gangs

<https://www.familylives.org.uk/advice/teenagers/behaviour/gangs/>

<https://www.relate.org.uk/relationship-help/help-family-life-and-parenting/parenting-teenagers/behaviour/my-teenager-has-joined-gang>

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/gangs-criminal-exploitation/>

<https://crimestoppers-uk.org/about-the-charity/who-we-work-with/trusts-and-foundations/helping-young-people>

<https://www.thesafetybox.org/parent-support>

Healthy Eating

<https://www.nhs.uk/change4life>

Morelife – Healthy lifestyle programme – self referral via the website
<https://www.more-life.co.uk/what-we-do/our-services/in-your-area/bedford/>

<https://www.nhs.uk/live-well/eat-well/>

Radicalisation

<https://www.internetmatters.org/issues/radicalisation/>

<https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/dedicated-helplines/protecting-children-from-radicalisation/>

<https://www.familylives.org.uk/advice/teenagers/behaviour/worried-about-extremism-and-radicalisation/>

Sleep

<https://sleepcouncil.org.uk/>

<https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>

<https://thesleepcharity.org.uk/information-support/children/?nowprocket=1>

Special Educational Needs & Disability (SEND)

National Autistic Society

<https://www.autism.org.uk/>

Local Council information

<https://www.milton-keynes.gov.uk/schools-and-lifelong-learning/send-local-offer>

SENDIAS - [About Us - Milton Keynes Council \(milton-keynes.gov.uk\)](https://www.milton-keynes.gov.uk/schools-and-lifelong-learning/send-local-offer)

Sexual Health

<https://www.icash.nhs.uk/where-to-go/icash-milton-keynes>

[Find Sexual health services for young people services - NHS \(www.nhs.uk\)](https://www.nhs.uk)

LGBT - <https://www.youngstonewall.org.uk/> Tel: 08000 50 20 20

www.theproudtrust.org / Tel: 0161 660 3347 (9-5.30 – Monday – Friday)

The Proud Trust is for LGBT & youth (Lesbian, Gay, Bisexual, Trans and other identities such as asexual, intersex and questioning)

Transgender children & young people and their families (up to aged 20) –

www.mermaidsuk.org.uk

For Older Teens

LGBT - www.mindout.org.uk / Tel: 0300 330 0630

The service works to improve the mental health and wellbeing of LGBTQ communities and to make mental health a community concern. Mindout welcomes all LGBTQ people and those who may not identify as LGBTQ including men who have sex with men, women who have sex with women, intersex people, people who previously identified as trans and people who are questioning their sexual and/or gender identities.

LGBT - www.switchboard.lgbt

LGBT Helpline. Offer a safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional wellbeing. Switchboard support people to explore the right options for themselves and aspire to a society where all LGBT+ people are informed and empowered.

LGBT – www.outlife.org.uk

Offers counselling, mental health advice, alcohol & drugs, sexuality and general health advice.

Tell us, we're still listening:

Things are a little bit different from what you are used to, but we still want to hear from you and what you have to say about our services.

Your feedback will help us continually provide the best possible experience to everyone that we care for.

We welcome your feedback through the Friends and Family Test, to access the survey, please use the camera on your phone to scan the below QR code. If you have any trouble with accessing the survey, please speak to a member of our staff or alternatively, you can use this short link: <https://buff.ly/33Fbz6s>

Scan the below image using your phone's camera to access the survey or use the above short link in blue.

