



# Crisis Recovery Service - Milton Keynes

The Crisis Recovery Service aims to support individuals to identify and resolve practical issues which are negatively impacting their mental health.

## **What support is available?**

Individuals will receive up to six 1:1 sessions, and work with their crisis recovery support worker to produce a personalised action plan which aims to:

- Develop skills and tools to help restore and maintain their emotional wellbeing
- Take practical steps to reach their goals
- Find solutions to overcome any barriers
- Build knowledge of local activities and community services and develop confidence to access them

## **Who is eligible for the service?**

Individuals who are 18+, living in Milton Keynes and are seeking support to help develop solutions that address the factors contributing to their mental health crisis.

## **How do I access support?**

Individuals can self-refer or be referred by a third party such as GP, friends and family or other services.

## **For more information, please contact:**

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