

YOUNG
PERSON'S
SANCTUARY



NHS
Central and
North West London
NHS Foundation Trust

Young Person's Sanctuary

Our Young Person's Sanctuary is a safe, non-judgemental space that you can come to if you find yourself in crisis or mental distress in the evenings. You will be met by a trained mental health worker who will listen and help you identify ways to address the problems you are facing.

Who are the Young Person's Sanctuaries for?

- Young people in Milton Keynes (14-17yrs) who are experiencing severe mental distress or crisis.
- Young people are welcome to bring anyone from their support system.
- Young people do not need to be known to mental health services to attend.

What can you expect?

- A safe, non-judgemental, and relaxed space
- A confidential one-to-one session with a trained mental health worker

- Support to identify coping mechanisms and building emotional resilience
- A step-by-step tailored guide on how to access support and keep safe

Do you need an appointment?

No, this is a drop-in service and an appointment is not required.

What are the opening times?

Our Young Person's Sanctuary in Milton Keynes is open seven days a week, 365 days of the year, between 4.00pm – 10.00pm.

For more information please contact:

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 **mind** BLMK

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