

INFORMATION & SUPPORT

MK MHST

Your child can be referred to Milton Keynes Mental Health Support Team via school or a self-referral.

[Click here](#) for our website.

YOUNGMINDS

[Click here](#) for more information to support your child if they are struggling with worry/anxiety.

SUPPORT SERVICES

Click the images below to find out more about other free support services.



SENDIAS

[Click here](#) to contact Milton Keynes Special Educational Needs & Disabilities Information, Advice and Support Service (SENDIAS).

EBSA

Some children & young people experience difficulty in attending school due to emotional reasons like anxiety. [Click here](#) for more information on Emotionally Based School Avoidance (EBSA).

APPS

Click on the images below to find helpful apps which can support anxiety management.

