

Are you aged 11 – 18 * living in Milton Keynes?

Are you feeling low, worried or sad?

Then we can help!

Our new service can offer you:

- **A safe and confidential space to talk**
- **Tools to overcome the issues**
- **Skills to help you cope and bounce back**
- **Confidence building**
- **Mindfulness activities**
- **Group activities and one to ones**

**Send an email to us:
cnwl.mkwellbeing@nhs.net
and we will get back to you**

***Available up to the age of 25 for young people with special educational needs and/or disabilities and young people who are care experienced**

