

Help and Support

DAFS

PACE Parents Against Child Sexual Exploitation

Works alongside parents and carers of children who are or at risk of being sexually exploited by perpetrators external to the family. **Contact 0113 240 3040**

ARC (MK)

Helps people break a cycle of addiction to substances such as heroin, cocaine, and new psychoactive substance as well as long term alcohol or gambling addictions. **Contact 01908 250730**

SMART Recovery

Empowering people with practical skills, tools and support so that they may manage their addictive behaviour and lead satisfying and meaningful lives. **Contact 0330 053 6022**

Cocaine Anonymous CA

For people who wish to share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from their addiction.

Contact 0800 612 0225/email: helpline@cauk.org.uk

Al-Anon (Family Groups) Contact 0800 0086 811

Gamblers Anonymous MK

For people who would like to join a group so that together they can do something about their own gambling problem and to help other compulsive gamblers do the same **Contact 0330 094 0322**

Narcotics Anonymous NA

Recovering addicts who meet regularly to help each other stay clean. Especially for people for whom drugs have become a major problem. **Contact 0300 999 1212**

Alcoholics Anonymous AA

People meet to share experiences, strength and hope that they may solve common problems and help others to recover from alcoholism. **Contact 01865 242373/email: help@aamail.org**

Project Nova (RFEA)

Support for vulnerable veterans who are arrested and enter into police custody or at risk of arrest.

Contact 0800 917 7299/email: info.nst@projectnova.org.uk

Bridging the Gap

BTG work with offenders/ex offenders to help them to reintegrate back into society and to lead a law abiding life. **Contact 0776 1246942/email: info@btguk.org**

P3 Live Life MK (18+)

Social prescribing service providing social, emotional and assistance for people to improve their quality of life and access to the support they need including substance misuse, loneliness and social isolation, health and wellbeing and housing. **Contact 01908 973720/Live.Life@nhs.net**

Campbell Centre MK

38 bed acute inpatient mental health unit. **Contact 01908 725433**

Arthur Ellis

Mentoring/Counselling service for adults, young people and children. (Fee based)

Contact info@arthellismhs.com

FRANK

Information on everything you need to know about drugs, their effects and the law.

Contact **0300 1236600**

Papyrus / Support Equip and Influence

Confidential support and advice for young people struggling with thoughts of suicide. Contact **0800**

068 4141/email: pat@papyrus-uk.org

Saneline

National out of hours mental health helpline offering specialist emotional support guidance and information including family, friends and carers. Contact **07984 967 708/email:**

support@sane.org.uk

Cruse Bereavement Care

Support to anyone after the death of someone close. Free confidential support for adults and children. Contact **0808 808 1677**

Finance

MK Money Helpline

Confidential money advice to anyone in MK . Team of trained volunteers in accordance with training provided by Community Money Advice.

Contact **0300 1235 198/email office@mkmoneyhelpline.org.uk**

Step Change

Free impartial debt advice over the phone **0800 138 1111**

They support people while dealing with debt issues for as long as help is required.

For online advice look up StepChange and complete the online form.

Young People

Youth Offending Team YOT

YOT work with young people that get into trouble with the law. They are part of the Local Council and are separate from the Police and Courts.

Contact **01908 391000**

Head of Service email: Gavin.Sandmann@milton-keynes.gov.uk

CAMHS MK Child and Adolescent Mental Health Service (Up to 18)

Supports families and professionals who are concerned about children and young people who may be experiencing mental health difficulties.

Contact **01908 724228**

Young Carers MK

Resources and activities for young people caring for a family member with mental health issues including drug and alcohol related problems.

Contact 01908 231703/email: mail@carersmiltonkeynes.org

YiS

Young people's mental health

Counselling, Education and Training **Contact 01908 604700/email: info@mkyis.org.uk**

Community

Safer MK

The Safer MK Partnership is the statutory community safety partnership for Milton Keynes and ensures that agencies are brought together to address local crime and community safety issues in the area.

Contact 01908 691691/email: customerservices@milton-keynes.gov

Local Members of Parliament

Ben Everitt – Conservative

Party politician who has served as the Member of Parliament for MK North since 2019 General Election and supporter of DAFS MK

Contact 01908 686830/email: ben.everitt.mp@parliament.uk

Jane Carr Liberal Democrat Counsellor - Newport Pagnell

Supporter of DAFS MK

Homelessness/Housing

Shelter

Shelter helps people struggling with bad housing or homelessness through their advice, support and legal services. To contact them look up Shelter and follow the links

MK Bus Shelter

Contact 01908 429889/email: info@thebussheltermk.org

EMMAUS

Support for people to work their way out of homelessness, providing meaningful work, training, support and a stable home for as long as someone needs it.

Contact 0300 303 7555/email: contact@emmaus.org.uk