

# Mind BLMK and CNWL launch Young Person's Sanctuary in Milton Keynes

## Mental Health Crisis Support for 14-17yrs

Mind BLMK is delighted to be working collaboratively with CAMHS and Central and North West London NHS Foundation Trust (CNWL) in Milton Keynes to provide crisis services for young people in need of mental health support.

The sanctuary is launching at **CAMHS Eaglestone Health Centre, Standing Way, Milton Keynes MK6 5AZ** on Wednesday 24 January, where it will then operate every Wednesday, Thursday and Friday between 5pm and 10pm, as well as on Saturdays between 4pm and 10pm.

Mind's Young Person's Sanctuaries are safe, non-judgemental spaces where young people can come if they find themselves in crisis or mental distress in the evenings. There is no need to call ahead or book an appointment. If you are aged 14-17, simply drop in and you will be met by a trained youth mental health professional who will listen carefully and help identify ways to address the problems you are facing. The teams will also be able to refer and signpost to other services if required.

For more information about the Milton Keynes Young Person's Sanctuaries, [please visit the Mind website](#)