

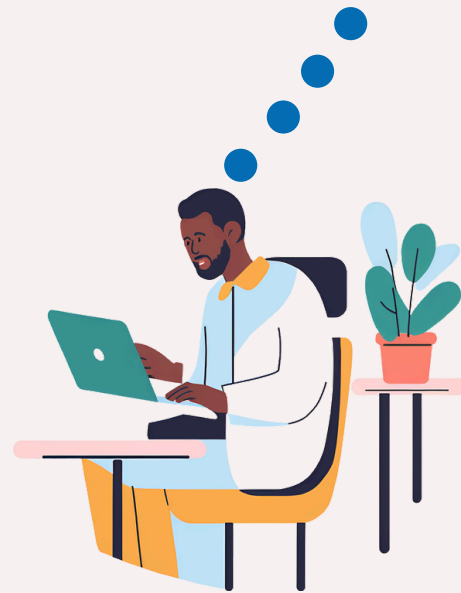
WOULD YOU USE A MENTAL HEALTH CRISIS TEXT SERVICE?

Crisis text services aim to provide timely, accessible and effective support for a wide range of mental health problems via text message.

The service would be available 24/7, 365 days a year and would be accessible by anyone.

You will be connected to a trained practitioner who will be able to support you with a wide range of support, interventions and onward signposting.

Would you, your family or those you care for use this service if it was available in Milton Keynes?



**SCAN
HERE**



ALTERNATIVELY, THE QUESTIONNAIRE CAN BE ACCESSED AT THE FOLLOWING LINK:

<https://forms.office.com/e/Ap8dE9Uvtc>

FREE 24/7 MENTAL HEALTH SUPPORT



**DOES IT ALL
FEEL
TOO MUCH**

OUR TRAINED
ADVISORS CAN
HELP

