



Mental Health Support Team

Summer Anxiety Groups

The Milton Keynes Mental Health Support Team (MK MHST) are offering an evidence-based summer holiday groups for children aged 8-12 and their parent/carers to learn practical ways to understand panic and worry, manage anxiety, and build healthy coping skills together.

Scan for more information



Upcoming groups

Scan to refer your child for the group



MK2 AREA
09:30-11:30am
Weds 22nd July
Fri 24th July
Weds 29th July
Fri 31st July

MK10 AREA
12:30-14:30pm
Mon 3rd August
Weds 5th August
Mon 10th August
Weds 12th August

More groups may be added depending on uptake

Young people who attend an MHST-supported school are welcome to join either group, even if they live outside the postcode area.

This NHS service will open a mental health care episode on your child's NHS records. Explicit parental consent will be obtained during the referral process.