



YOUNG PEOPLE'S MENTAL HEALTH
Counselling, Education & Training

YiS Young People's Mental Health is a long running independent charity that works in Milton Keynes to help young people as well as the people that support them.

We provide counselling, education, training, 1:1 wellbeing sessions, and more to improve mental health and wellbeing in the local area.

COUNSELLING

Free and confidential
BACP accredited
counselling for young
people aged 11-21 in
Milton Keynes.

**EDUCATION
& TRAINING**

High quality, engaging,
and interactive mental
health and wellbeing
workshops in schools
and workplaces.

**1:1 WELLBEING
COACHING**

For young people aged
14 - 25 who would like
support managing
difficult thoughts,
anxiety, and feelings.

info@mkyis.org.uk / 01908 604700

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Leadenhall, Milton Keynes, MK6 5LP

YiS is a Charitable Incorporated Organisation. Registered Charity No: 1120074