

Useful emotional wellbeing support services

Emotional Wellbeing Gateway – information about emotional wellbeing support and local services.

www.emotionalwellbeinggateway.org.uk

ChatHealth Text Service – advice from the Suffolk School Nursing Team.

**Text: 07507 333356, Monday to Friday 9am – 4.30pm
(excluding bank holidays).**

The Source website - information, advice and support for young people.

www.thesource.me.uk/wellbeing

**Children &
Young People's
Emotional
Wellbeing Hub**

Emotional wellbeing services for children and young people aged 0-25 years

**Contact Suffolk Children and Young People's
Emotional Wellbeing Hub:**

- For confidential information, advice and support for children, young people, families and professionals.
- To make a referral about the emotional wellbeing of a child or young person in east and west Suffolk.

Phone: 0345 600 2090

Monday to Friday 8am – 7.30pm

Visit: www.emotionalwellbeinggateway.org.uk