



**MAKE YOUR VOICES MATTER**

**Places you can go for help and support**

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

Information, advice and support for children, young people, families and professionals.

0345 600 2090 (Mon-Fri, 8am-7.30pm)

[www.emotionalwellbeinggateway.org.uk](http://www.emotionalwellbeinggateway.org.uk)

Children &  
Young People's  
Emotional  
Wellbeing Hub

Wellbeing means more than just being happy, it means feeling able to cope with the challenges life can throw at us. If you are unhappy or facing a difficult situation, talk to someone you trust - this could be a parent, friend, teacher or even your GP for some professional support. You can also try some of the services below:

**Emotional Wellbeing Gateway** - Find information and support on mental health issues and how to stay mentally well [www.emotionalwellbeinggateway.org.uk](http://www.emotionalwellbeinggateway.org.uk)

**Suffolk Wellbeing Service** - Provide a range of support for people with common mental health and emotional issues [☎ 0300 123 1503](tel:03001231503) [w wellbeingnands.co.uk](http://wellbeingnands.co.uk)

**4YP** - Services that improve the social, emotional, and physical health and wellbeing of 12-25 year olds [☎ 01473 252607](tel:01473252607) [w 4yp.org.uk](http://4yp.org.uk)

**The Source** - Information and advice for young people in Suffolk [w thesourceme.uk/wellbeing](http://thesourceme.uk/wellbeing)

**Beat** - The UK's eating disorder charity

[☎ 0808 8010711](tel:08088010711) [w beateatingdisorders.org.uk](http://beateatingdisorders.org.uk)

**Samaritans** - Talk any time you like, in your own way - about whatever is getting to you. You don't have to be suicidal [☎ 116 123 \(UK\)](tel:116123) [w samaritans.org](http://samaritans.org)

**Childline** - Support and advice

[☎ 0800 1111](tel:0800111) [w childline.org.uk](http://childline.org.uk)

**Young Minds** - UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people [☎ 0808 802 5544](tel:08088025544) [w youngminds.org.uk](http://youngminds.org.uk)

**Papyrus** - Prevention of young suicides

[☎ 0800 0684141](tel:08000684141) [w papyrus-uk.org](http://papyrus-uk.org)

**Bullying UK**

[☎ 0808 8002222](tel:08088002222) [w bullying.co.uk](http://bullying.co.uk)

**ChatHealth Texting Service** - Confidentially ask for help about a range of issues, or make an appointment with a school nurse, by sending a text message [☎ 07507 333356](tel:07507333356)