

A woman's profile is shown in a purple-tinted setting. The foreground is filled with a dense layer of white and purple sparkles. The text 'SUPPORT FOR YOUR WELLBEING' is in large, bold, yellow and blue letters. The 'healthwatch Suffolk' logo is in white and green. The bottom section has a white background with blue text.

Updated
January 2025

SUPPORT FOR YOUR WELLBEING


healthwatch
Suffolk

If something is worrying you, talk to someone you trust like a close friend, family member or doctor. If you're not sure who you feel comfortable talking to, take a look at the support services on this card. They are there to help, whatever you're going through.

This card has been created by Healthwatch Suffolk (www.healthwatchsuffolk.co.uk). It was published in January 2025.

We all need support sometimes. Here are some details about places you can go for information, or to find support with your wellbeing...

The Emotional Wellbeing Hub can provide information, advice, and guidance if you're a young person experiencing emotional wellbeing difficulties in east or west Suffolk. Contact the hub on **0345 600 2090**, listen to the options, and choose one that is right for you. If you live in Lowestoft and Waveney, you should contact the **Just One service** on **0300 300 0123** or text **07520 631590**.

Kooth: A free service for 11 – 18 year olds where you can find someone to talk to when you need it.  www.kooth.com




Information you can trust.

 www.thesource.me.uk



NHS 111 (Option 2): For urgent mental health support, use your phone to call 111 and press option 2 for 24/7 Mental Health Crisis Support. Anyone can call this service.  **111 (Option 2)**

Samaritans: Call this service if you need someone to talk to who won't judge or tell you what to do.  **116 123**



Suffolk's LGBT*Q+ youth work charity.

 www.outreachyouth.org.uk

Childline: You can contact Childline about anything. Find information on its website, call the helpline, or start an online chat with a counsellor.  www.childline.org.uk/get-support

Shout: Free text support for young people experiencing a mental health crisis.  **Text SHOUT to 85258**

Wellbeing Suffolk: Find help (16+) with low mood, depression or stress.  www.wellbeingnands.co.uk

And remember – your school will have a named school nurse available to provide health advice and address any concerns in strict confidence.

There's more on www.healthwatchesuffolk.co.uk/signposting/youngpeople. Scan QR >>>

