

# WHERE CAN YOUNG PEOPLE GO FOR ADVICE AND SUPPORT

#HelloYellow

# HOW YOU FEEL MATTERS

- BARNARDO'S PHONELINE SERVICE - 0345 600 2090 (PRESS OPTION 2)
  - EMOTIONAL WELLBEING HUB - 0345 600 2090 (PRESS OPTION 3)
  - JUST ONE NORFOLK - 0300 300 0123 (LOWESTOFT AND WAVENEY)
    - WELLBEING SERVICE – 0300 123 1503
- CHATHEALTH -TEXT A SUFFOLK SCHOOL NURSE ON 07507 333356
- NHS CRISIS SUPPORT LINE - CALL 111 AND PRESS OPTION 2

GO ONLINE:

- [KOOH.COM](http://KOOH.COM)
- [THESOURCE.ME.UK/WELLBEING](http://THESOURCE.ME.UK/WELLBEING)
- [YOUNGMINDS.ORG.UK](http://YOUNGMINDS.ORG.UK)

**HOW YOU  
FEEL MATTERS**

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**HOW YOU FEEL MATTERS AND YOU DESERVE  
TO FEEL SUPPORTED.**

**IF YOU'RE WORRIED ABOUT HOW YOU'RE  
FEELING, SPEAK TO AN ADULT YOU TRUST.**

**YOU ARE NOT ALONE AND SUPPORT IS  
AVAILABLE.**