

# HOW ARE YOU FEELING TODAY?

We all have emotional health and wellbeing and this is just as important as our physical health.



FABULOUS



STRESSED



ALRIGHT



ANGRY



UPSET



ANXIOUS



[www.thesource.me.uk/wellbeing](http://www.thesource.me.uk/wellbeing)

The Source – Information, advice, and support for young people in Suffolk

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## Support for your emotional wellbeing

We all feel low sometimes or experience stress or anxiety due to exams, family problems, or changes in our lives.

But if these feelings continue over a long period of time and are really getting to you, its important that you seek help.

### You could

- Visit The Source to find advice and helplines: [www.thesource.me.uk/wellbeing](http://www.thesource.me.uk/wellbeing)
- Talk to someone you trust like a parent, teacher or friend
- Try the 30 Day What's Up Challenge to support your emotional wellbeing: [www.thesource.me.uk/whatsup](http://www.thesource.me.uk/whatsup)
- Take some time out for self care: [www.thesource.me.uk/selfcare](http://www.thesource.me.uk/selfcare)



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## Get help if you are worried about an emotional wellbeing issue

If you or your friends need emotional wellbeing support, you can get confidential, advice and support from:

**Barnardo's Phonline Service and Emotional Wellbeing Hub** - Call 0345 600 2090 and press option 1 or 2.

(Open Monday to Friday, 8 am to 7.30 pm)

Visit: [www.thesource.me.uk/hub](http://www.thesource.me.uk/hub)

**Just One Norfolk** - If you live in Lowestoft or Waveney. Call 0300 300 0123

(Mon-Fri, 8 am to 6 pm & Sat, 9 am to 1 pm)

Visit [www.justonenorfolk.nhs](http://www.justonenorfolk.nhs) or [www.fyinenorfolk.nhs.uk](http://www.fyinenorfolk.nhs.uk)

**Crisis Support Line** - Call 111 and press option 2 if you need urgent mental health support. (For anyone of any age).

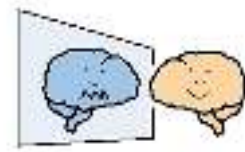
**SHOUT Crisis Textline:** Text SHOUT to 85258 (24/7)

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### Did you know?

**Anxiety:** Anxiety is the feeling of fear or panic. Its very common and up to 1 in 6 young people are thought to experience anxiety.

**Depression:** Depression affects anyone, at any time, for any reason. Its more than just feeling low for a few days – its about these feelings going on for weeks.



**Eating Disorders:** An eating disorder is about having a relationship with food that feels out of control.

**Self-Harm:** Self-harm is when someone deliberately injures their body as a way of coping with emotional distress.

**Stress:** Stress is the feeling of being under too much pressure and feeling unable to cope with situations.

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### Speak to someone

The best thing you can do is open up to someone you trust about how you are feeling, this could be a teacher, friend or other trusted adult. You could try Kooth or a school nurse.

**Kooth** - Live 1-1 chat. Free, safe and anonymous online support:



- One-to-one text-based chats
- Peer to peer support
- Live online moderated forums
- A range of self-help materials
- Journals and goal trackers to reflect your thoughts.
- Virtual chat sessions with friendly counsellors

Visit: [www.kooth.com](http://www.kooth.com)