HOW ARE YOU FEELING TODAY?

FABULOUS? STRESSED? ALRIGHT? ANGRY? UPSET? ANXIOUS?

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

🔍 **www.thesource.me.uk/wellbeing**

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

SOURCE

Get help if you're worried about an emotional wellbeing issue

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

Barnardo's Phoneline Service & Emotional Wellbeing Hub
Call **0345 600 2090**, and press **option 1** or **2.**
(Open Monday to Friday, 8am to 7.30pm)
Visit: www.thesource.me.uk/hub

Just One Norfolk
if you live in Lowestoft or Waveney. Call **0300 300 0123**
(Mon– Fri, 8am to 6pm & Sat, 9am to 1pm)
Visit: www.justonenorfolk.nhs & www.fyinorfolk.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)

Did you know?

Anxiety: anxiety is the feeling of fear or panic. It's 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. It's more than just feeling low for a few days – it's 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.
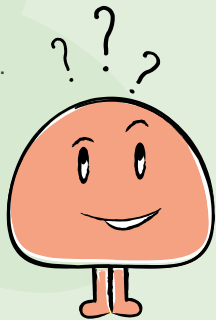
Support for your emotional wellbeing

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, it's important that you seek help.

You could:

- Visit The Source to find advice and helplines: **www.thesource.me.uk/wellbeing**

- Talk to someone you trust like a parent, teacher or friend

- Get support from Kooth: **www.kooth.com**

- Try the 30 Day What's Up Challenge to support your emotional wellbeing: **www.thesource.me.uk/whatsup**