

"Where
can I go
for
advice?"

HELPLINES • ADVICE • INFORMATION

for young people in Suffolk

thesource.me.uk

FUTURE

BODY

MIND

LIFE



 @ehub_

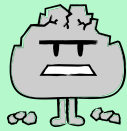
 @thesourcewebsite

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HOW ARE YOU FEELING TODAY?



FABULOUS?



STRESSED?



ALRIGHT?



ANGRY?



UPSET?



ANXIOUS?

Wellbeing support services for young people

I need a bit of help...

KOOTH - Anonymous 121 text and online chat (for 11-25s).

Go to: [Kooth.com](https://www.kooth.com)

YOUNGMINDS - Supports young people's mental health.

Go to: [Youngminds.org.uk](https://www.youngminds.org.uk)

I need more help...

EMOTIONAL WELLBEING HUB - To be referred to mental health support services. Go to: [Thesource.me.uk/hub](https://www.thesource.me.uk/hub)

JUST ONE NUMBER - To be referred to support services if you live in Lowestoft and Waveney. Call: **0300 300 0123**

Go to: [Fylnorfolk.nhs.uk](https://www.fylnorfolk.nhs.uk)

NHS Crisis Support Line - Call **111** and press the **mental health Option SHOUT 24/7 Crisis Text Line** - Text **SHOUT** to **85258**.

THE
SOURCE



"It's okay not to be okay, but find someone to talk to and get the right support".

Visit: [Thesource.me.uk/wellbeing](https://www.thesource.me.uk/wellbeing)