









Emotional Wellbeing Support

Help for young people in Suffolk and Norfolk

If You Need to Talk to Someone





- **Kooth** – Free online chat and counselling (ages 11–25)  [kooth.com](https://www.kooth.com)
- **Talk to a trusted adult** - A teacher or family member

In a Crisis or Emergency

- **NHS Mental Health Crisis Support Line (Suffolk)**  Call 111 and choose the mental health option  Open 24/7  If it's life-threatening, call 999
- **SHOUT Textline**  Text 'SHOUT' to 85258  Free, 24/7 support
- **Samaritans**  Call 116 123 (free)  Open all day, every day

Online Help & Referrals










To access NHS mental health services:

- **Emotional Wellbeing Hub (East & West Suffolk)**  Make a self-referral, go to: www.thesource.me.uk/hub
- **Just One Number (Lowestoft & Waveney)**  Call 0300 300 0123
 Make a self-referral, go to: justonenorfolk.nhs.uk
- **Wellbeing Service** – Free courses and webinars  wellbeingnands.co.uk


Or

- Ask your GP or school about being referred to wellbeing support services.

Online Health and Wellbeing Advice and Support for Young People

- **Kooth** – Free online chat and counselling (ages 11–25)  [kooth.com](https://www.kooth.com)
- **4YP Suffolk** – Health and wellbeing support (ages 12–25)  [4yp.org.uk](https://www.4yp.org.uk)
- **The Source** – Info and advice for ages 12+ in Suffolk
 thesource.me.uk/wellbeing
- **FYI Norfolk** – Info for ages 11–24 in Lowestoft & Waveney
 fyinorfolk.nhs.uk
- **The Mix** – Advice on relationships, money, and mental health
 themix.org.uk
- **Young Minds** – Mental health support and campaigns  [youngminds.org.uk](https://www.youngminds.org.uk)
- **ChildLine** – Free helpline and online chat for children  [childline.org.uk](https://www.childline.org.uk)
- **C.A.L.M.** – Mental health support for boys and men  [thecalmzone.net](https://www.thecalmzone.net)
- **Hopeline (Papyrus)** – Help with suicidal thoughts  [papyrus-uk.org](https://www.papyrus-uk.org)

SEND Wellbeing Support

- **Jot the Robot Campaign** – Wellbeing tips for children and young people with learning difficulties when they are feeling sad or worried
 [suffolk.gov.uk/jot](https://www.suffolk.gov.uk/jot)