

# HOW ARE YOU FEELING TODAY?

However you are feeling, you are not alone and there is someone who will listen and help you.

## The Source

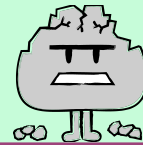
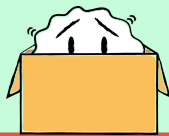
A website of information, advice and support for **young people in Suffolk**

THE **SOURCE**

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



SUFFOLK ASSEMBLY OF YOUTH



#TOILETDOOR

## School Nursing Team

Contact a school nurse for confidential help about health related advice.

📞 **0345 607 8866**

Available Mon-Fri, 9am to 4:30pm  
excluding bank holidays

**school+nurses**

YOUR SUFFOLK SCHOOL NURSING SERVICE



## Live 1-1 chat

Free, safe, anonymous chat when you need it

🗨️ **kooth.com**

Available Mon-Fri, mid-day to 10pm  
Sat-Sun, 6pm to 10pm

**kooth**



“Breathe in



Like you're smelling a flower.”



Children & Young People's Emotional Wellbeing Hub

## Emotional Wellbeing Hub

For emotional wellbeing support services in East and West Suffolk

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



Find Help



“Breathe out



Like you're blowing a leaf.”



## Just One Number **FYI**

For emotional wellbeing support services in Norfolk & Waveney

➔ [fyinorfolk.nhs.uk](http://fyinorfolk.nhs.uk)

## Not coping with life?

👉 **NHS Crisis Support Line - Call 111 and press option 2**

24/7 helpline for people of all ages in Norfolk and Suffolk

👉 **SHOUT Crisis Text Line - Text 'SHOUT' to 85258**

👉 **HOPELINE247 - Text 88247**

Young Suicide Prevention

**YOUNG MINDS**.org.uk

**ChildLine**  
0800 1111



Download our mood booster playlist

