

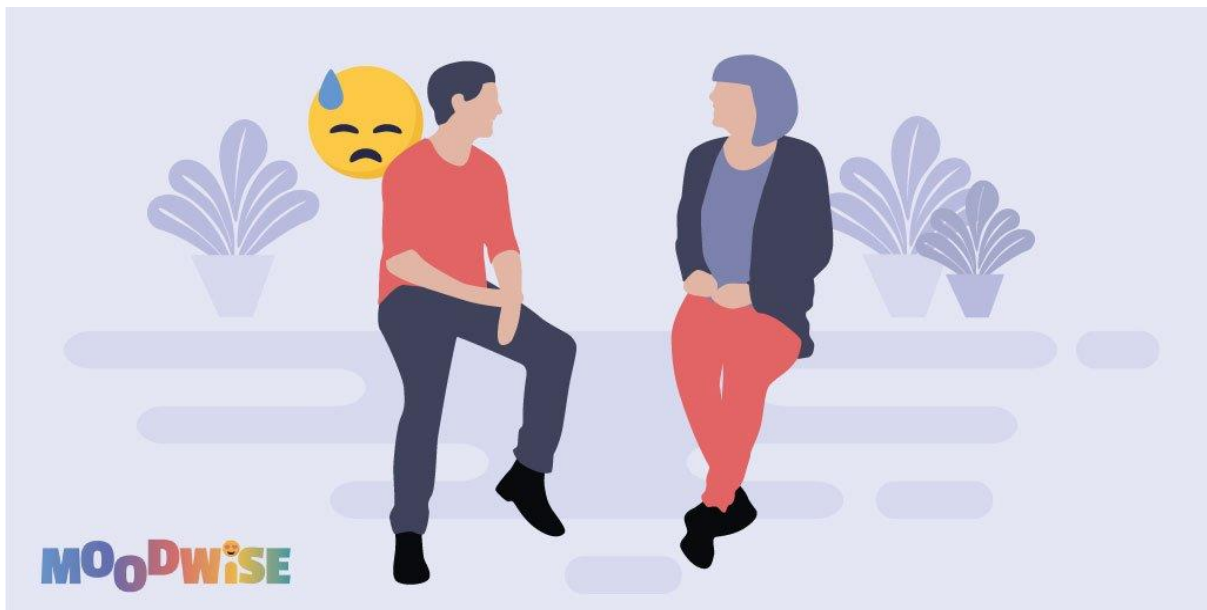
## Try the Children & Young People's Emotional Wellbeing Hub

Information, advice and support for children, young people, families and professionals.

**Tel: 0345 600 2090** (Mon-Fri, 8am-7.30pm)

**Web: [www.emotionalwellbeinggateway.org.uk](http://www.emotionalwellbeinggateway.org.uk)**

**Children &  
Young People's  
Emotional  
Wellbeing Hub**



Moodwise is a new website that brings together existing information for young people (aged 16 – 25) and signposting from the NHS and local websites like The Source and the Emotional Wellbeing Gateway. It asks a few questions and then provides links and resources about help in your local area. [www.moodwise.co.uk](http://www.moodwise.co.uk)

**Find tools and resources to help yourself and others to feel better**

## Try the Emotional Wellbeing Gateway for Suffolk

<https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/infolink.page?infolinkchannel=2-1-1>

Whether you are experiencing mental health issues, are worried about someone you care for, or want to know how to stay mentally well, there are many ways you can find information and support in the county. This new website created to support children and young peoples emotional wellbeing in Suffolk is a good starting point.

[Click here](#) to visit the Emotional Gateway for Suffolk. It includes information for young people and parents on topics like [self harm](#), [depression](#) and [eating disorders](#).

## 4YP

Suffolk Young People's Health Project (also known as 4YP) is a local charity, which provides and co-ordinates services that improve the social, emotional, and physical health and wellbeing of young people in Suffolk, aged 12-25. [Find out more.](#)

<https://www.4yp.org.uk/>

# Suffolk Young People's Health Project (4YP)

**Suffolk Young People's Health Project (also known as 4YP) is a local charity, which provides and coordinates services that improve the social, emotional, and physical health and wellbeing of young people in Suffolk, aged 12-25.**

Through advice, guidance and practical support we help young people develop the skills and knowledge to lead healthier, happier, safer and more resilient lifestyles. We give young people the confidence to make better informed choices and enable them to reach their full potential.

We work from our drop-in centre in Lower Brook Street, Ipswich and throughout the county, including in many schools. Our services aim to cater for those that struggle to get the support they need elsewhere.

## ChatHealth

People aged 11 to 19 can text their school nurse on **07507 333356**. You can use ChatHealth to make an appointment with your school nurse or to ask for confidential help and advice on all kinds of health issues including:

- Sexual health
- Emotional health and wellbeing
- Bullying
- Healthy eating
- Smoking, drugs and alcohol
- Self harm
- General health concerns

The service is available Monday to Friday from 9am to 4.30pm, excluding bank holidays.

## The Source for Young People in Suffolk

The Source for Young People in Suffolk is a dedicated website that offers information, advice and support. You can get help with learning choices, finding work or training, health, relationships and more. [Click here.](#)



## Essential support for under 25s [More](#) sources of advice and support...

- **The Mix** website offers under 25's advice on topics such as mental health, sex, relationships, drugs and money. It also provides a telephone helpline where young people can talk to someone about anything that may be bothering them and online discussion forums.
- If you live in Suffolk and are aged 16 and over you can access support from **Wellbeing Suffolk**, either through your GP or you can self-refer. You can also call your local team on **0300 123 1781**. [Click here](#) for more information about this service.
- **Childline** You can call Childline about anything on **0800 1111** with the option to speak with one of its counsellors. It also has plenty of information on its website, including information about Cyberbullying. [Click here.](#)
- **The CALM helpline** is for men in the UK who are down or have hit a wall for any reason, who need to talk or find information and support. [Click here.](#)
- **Kernos** provides counselling and support for children and young people who need help in Sudbury, Cornard and the surrounding area. [Click here.](#)
- **Time to Change** have a useful tool with advice if you think a friend, family member or colleague is struggling. [Click here.](#)
- **YoungMinds** offer an advice helpline for parents/carers concerned about a young person's mental health – contact **0808 802 5544** or visit [youngminds.org.uk](http://youngminds.org.uk)
- **MindEd for Families** provides practical and evidenced-based advice and guidance to help you support your child. Parents have worked with mental health practitioners and NHS England to develop the information on the website. [Click here.](#)
- **Family Lives** offers a confidential helpline service which is free from landlines and most mobiles (previously known as Parentline). Call them on **0808 800 2222** for information, advice, guidance and support on any aspect of parenting and family life, including bullying. [Click here](#) for more information about this service.
- **Suffolk Mind** is affiliated to Mind National and is committed to improving the lives of people with mental health issues. [Click here.](#)
- There are **local networks** of both young people and parents/carers helping Suffolk health and county council leads find ways to put help, support and treatment services in place. These include [CAT Young People Group](#), [Suffolk Parent Carer Network](#) and [PACT](#).

- **Facebook** has a Bullying Prevention Hub with advice about how to tackle bullying on its platform. [Click here.](#)
- **UK Safer Internet Centre** offers E-safety tips, advice and resources to help children and young people stay safe online. [Click here.](#)
- **Internet Matters** has practical information for parents about how to manage digital safety. [Click here.](#)
- **BEAT** is a national charity that offers help and advice for eating disorders. [Click here.](#)