



healthwatch
Suffolk

#YOUR HEALTH MATTERS

A GUIDE TO WELLBEING

Text a school nurse on
07507 333356

Suffolk Wellbeing Service
0300 1231781
www.wellbeingnands.co.uk

4YP - Services that improve the social, emotional, and physical health and wellbeing of 12-25 year olds
01473 252607 www.4yp.org.uk

Wellbeing means more than just being happy, it means feeling able to cope with the challenges life can throw at us. If you are unhappy or facing a difficult situation, talk to someone you trust - this could be a parent, friend, teacher, or even your GP for some professional support.

The Source
Information and advice
for young people in Suffolk
www.thesource.me.uk

Samaritans
116 123
www.samaritans.org

Beat - The UK's eating disorder charity
0808 8010711
www.b-eat.co.uk

Suffolk MIND
0300 111 6000
info@suffolkmind.org.uk

Childline
0800 1111
www.childline.org.uk/info-advice

Papyrus - Prevention of young suicides
0800 068 41 41
www.papyrus-uk.org

Young Minds - Committed to improving the emotional wellbeing and mental health of children and young people
0808 802 5544
www.youngminds.org.uk/noharmdone

Anorexia & Bulimia Care UK
03000 11 12 13

PACT -Advice for parents and carers
Contact Bec: (07801) 330827
or Anne: (07834) 083447

If you would like more information, in confidence you can call the Healthwatch Suffolk Information and Signposting Line on 08004488234 (Freephone) or by email to info@healthwatchsuffolk.co.uk

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