

USEFUL LINKS FOR WELLBEING

Anxiety UK

Working to relieve and support those living with anxiety disorders by providing information, support and understanding
www.anxietyuk.org.uk

Telephone: 08444 775 774 (Mon-Fri, 9.30am-5.30pm)

Beat

The UK's leading charity supporting anyone affected by eating disorders or difficulties with food, weight and shape
www.b-eat.co.uk

Helpline: 0345 634 1414

Youthline: 0345 634 7650

CALM

Offering support to men in the UK, of any age, who are down or in crisis via our helpline and website
www.thecalmzone.net

Telephone: 0800 58 58 58

Change for Life

Advice and activities to help you eat well, move more and live longer
www.nhs.uk/change4life/Pages/change-for-life.aspx

Citizens Advice Bureau

Advice concerning your rights and opportunities concerning a range of social issues, such as housing, benefits and debt
www.citizensadvice.org.uk

Community Action Suffolk

Practical support for voluntary and community organisations across Suffolk
<http://www.communityactionsuffolk.org.uk>

Telephone: 01473 273272

Cruse Bereavement Care

Cruse Bereavement Care is there to support you after the death of someone close.
www.cruse.org.uk

Telephone: 0845 477 9400

Depression Alliance

A charity for anyone affected by depression – supporting local meet-ups and self-help groups
www.depressionalliance.org

Dying Matters

Dying Matters aims to help people talk more openly about dying, death and bereavement, and to make plans for the end of life.

www.dyingmatters.org

Telephone: Freephone 0800 21 4466

HeadMeds

Managed by YoungMinds to provide young people with accessible information about mental health medication – it neither encourages nor discourages the use of mental health medication

www.headmeds.org.uk

Jobcentre Plus

Help and advice about the wide range of services available from your local JobCentre Plus as well as detailed information about claiming unemployment and incapacity benefits in the UK.

www.jobcentreguide.org

The Lullaby Trust

The Lullaby Trust provides specialist support for bereaved families and anyone affected by a sudden infant death.
www.lullabytrust.org.uk/LThome

Telephone: 0800 802 6868 (All weekend and Bank Holiday Monday 6pm-10pm)

Macmillan Cancer Support

If you or someone you know has been diagnosed with cancer, find out what to expect, get information, practical advice and support.

www.macmillan.org.uk

Telephone: 0808 808 00 00 (Monday – Friday 9am- 8pm)

Mental Health Foundation

The UK's leading mental health research, policy and service improvement charity
www.mentalhealth.org.uk

MIND

Providing advice and support to empower anyone experiencing a mental health problem; helping you to make choices about treatment, understand your rights or reach out to sources of support

National: www.mind.org.uk

Text: 86463

Infoline: 0300 123 3393

Suffolk: www.suffolkmind.org.uk

Telephone: 0300 111 6000

NHS Choices

Information from the NHS on conditions, treatments, local services and healthy living
www.nhs.uk

Norfolk and Suffolk NHS Foundation Trust

NHS provider of mental health, substance misuse and learning disability services in Norfolk and Suffolk
www.nsft.nhs.uk

Patients' Advice and Liaison Service (PALS)

Provides confidential advice, information and support, helping to answer any questions you may have about the Wellbeing Service or any mental health matters

[www.nsft.nhs.uk/Find-help/Pages/Patients'-Advice-and-Liaison-Service-\(PALS\).aspx](http://www.nsft.nhs.uk/Find-help/Pages/Patients'-Advice-and-Liaison-Service-(PALS).aspx)

Telephone: 01603 421191 or **BT Freephone: 0800 279 7257** (Mon-Fri, 9am-5pm)

Relate

Provides information, support and counselling about relationships to people of all ages and backgrounds, including people dealing with mental health issues

www.relatenorfolksuffolk.co.uk

Telephone: 0300 100 1234

Rethink Mental Illness

Expert accredited advice and information on everything from treatment and care to benefits and employment rights
www.rethink.org

Telephone: 0300 5000 927 (Mon-Fri, 10am-2pm)

Samaritans

Confidential support by phone and online

www.samaritans.org

Telephone: 116 123

SANE

Emotional support and information to anyone affected by mental health problems (including depression, anxiety and phobias) through a helpline, email and online Support Forum

www.sane.org.uk

Telephone: 08457 67 80 00 (6pm-11pm)

Scope

Support, information and forums for people living with disabilities and their families

www.scope.org.uk

Freephone: 0808 800 3333

Suffolk Libraries

Free Information about health and wellbeing

<https://www.suffolklibraries.co.uk/health/>

Suffolk County Council

Information about local services

www.suffolk.gov.uk

www.suffolk.gov.uk/helpforadults

infolink.suffolk.gov.uk/kb5/suffolk/infolink/home.page

Suffolk Information for Young People

Resource and helpline for young people in Suffolk

www.thesource.me.uk

Suffolk VASP

The Suffolk VASP (Voluntary and Statutory Partnership) for Mental Health is a network for anyone with an interest in mental health

www.suffolkvasp.co.uk

Survivors of Bereavement by Suicide (SOBS)

SOBS meet the needs and overcome the isolation experienced by people over 18 who have been bereaved by suicide.

www.uk-sobs.org.uk

Telephone: 0300 111 5065 (9am to 9pm every day)

Work for us

Norfolk and Suffolk NHS Foundation Trust offers an exciting range of career opportunities across a wide variety of mental healthcare and clinical disciplines.

www.nsfh.nhs.uk/work-for-us/

Young Minds

The voice for young people's mental health and wellbeing, providing a range of services including a Parents Helpline

www.youngminds.org.uk

Parent Helpline: 0808 802 5544