USEFUL LINKS FOR WELLBEING

[**Anxiety UK**](http://www.anxietyuk.org.uk/)

Working to relieve and support those living with anxiety disorders by providing information, support and understanding [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk/)

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

[**Beat**](http://www.b-eat.co.uk/)

The UK’s leading charity supporting anyone affected by eating disorders or difficulties with food, weight and shape

[www.b-eat.co.uk](http://www.b-eat.co.uk/)

**Helpline: 0345 634 1414**

**Youthline: 0345 634 7650**

[**CALM**](http://www.thecalmzone.net/)

Offering support to men in the UK, of any age, who are down or in crisis via our helpline and website [www.thecalmzone.net](http://www.thecalmzone.net/)

**Telephone: 0800 58 58 58**

[**Change for Life**](http://www.nhs.uk/change4life/Pages/change-for-life.aspx)

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

[**Citizens Advice Bureau**](http://www.citizensadvice.org.uk/)

Advice concerning your rights and opportunities concerning a range of social issues, such as housing, benefits and debt [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk/)

[**Community Action Suffolk**](http://www.communityactionsuffolk.org.uk/)

Practical support for voluntary and community organisations across Suffolk [http://www.communityactionsuffolk.org.uk](http://www.communityactionsuffolk.org.uk/)

**Telephone: 01473 273272**

[**Cruse Bereavement Care**](http://www.cruse.org.uk/)

Cruse Bereavement Care is there to support you after the death of someone close. [www.cruse.org.uk](http://www.cruse.org.uk/)

**Telephone: 0845 477 9400**

[**Depression Alliance**](http://www.depressionalliance.org/)

A charity for anyone affected by depression – supporting local meet-ups and self-help groups [www.depressionalliance.org](http://www.depressionalliance.org/)

[**Dying Matters**](http://www.dyingmatters.org/)

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](http://www.dyingmatters.org/)

**Telephone: Freephone 08000 21 4466**

[**HeadMeds**](http://www.headmeds.org.uk/)

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**](http://www.headmeds.org.uk/)

[**Jobcentre Plus**](http://www.jobcentreguide.org/)

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](http://www.jobcentreguide.org/)

[**The Lullaby Trust**](http://www.lullabytrust.org.uk/LThome)

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

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

[**Macmillan Cancer Support**](http://www.macmillan.org.uk/)

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](http://www.macmillan.org.uk/)

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

[**Mental Health Foundation**](http://www.mentalhealth.org.uk/)

The UK’s leading mental health research, policy and service improvement charity

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk/)

[**MIND**](http://www.mind.org.uk/)

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](http://www.mind.org.uk/)

Text: 86463

**Infoline: 0300 123 3393**

Suffolk: [www.suffolkmind.org.uk](http://www.suffolkmind.org.uk/)

**Telephone: 0300 111 6000**

[**NHS Choices**](http://www.nhs.uk/)

Information from the NHS on conditions, treatments, local services and healthy living [www.nhs.uk](http://www.nhs.uk/)

[**Norfolk and Suffolk NHS Foundation Trust**](http://www.nsft.nhs.uk/)

NHS provider of mental health, substance misuse and learning disability services in Norfolk and Suffolk [www.nsft.nhs.uk](http://www.nsft.nhs.uk/)

[**Patients’ Advice and Liaison Service (PALS)**](http://www.nsft.nhs.uk/Find-help/Pages/Patients%27-Advice-and-Liaison-Service-(PALS).aspx)

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%27-Advice-and-Liaison-Service-(PALS).aspx)

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

[**Relate**](http://www.relatenorfolksuffolk.co.uk/)

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](http://www.relatenorfolksuffolk.co.uk/)

**Telephone: 0300 100 1234**

[**Rethink Mental Illness**](http://www.rethink.org/)

Expert accredited advice and information on everything from treatment and care tobenefits and employment rights [www.rethink.org](http://www.rethink.org/)

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

[**Samaritans**](http://www.samaritans.org/)

Confidential support by phone and online [www.samaritans.org](http://www.samaritans.org/)

**Telephone: 116 123**

[**SANE**](http://www.sane.org.uk/)

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](http://www.sane.org.uk/)

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

[**Scope**](http://www.scope.org.uk/)

Support, information and forums for people living with disabilities and their families [www.scope.org.uk](http://www.scope.org.uk/)

**Freephone: 0808 800 3333**

[**Suffolk Libraries**](https://www.suffolklibraries.co.uk/health/)

Free Information about health and wellbeing<https://www.suffolklibraries.co.uk/health/>

[**Suffolk County Council**](http://www.suffolk.gov.uk/) Information about local services [www.suffolk.gov.uk](https://www.suffolk.gov.uk/) [www.suffolk.gov.uk/helpforadults](http://www.suffolk.gov.uk/helpforadults)

[infolink.suffolk.gov.uk/kb5/suffolk/infolink/home.page](http://infolink.suffolk.gov.uk/kb5/suffolk/infolink/home.page)

**Suffolk Emotional Wellbeing Gateway**

A website to help families stay mentally well.

Search for mental health services and support groups and find practical advice to support children and young people with common mental health issues, such as, depression, anxiety, stress, self-harm, eating disorders and suicidal thoughts.

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

**Suffolk Emotional Wellbeing Hub**

Call or make an online referral to the Hub if you are worried about the emotional wellbeing and mental health of a child or young person aged 0-25 years. Or if you are a young person who needs emotional wellbeing support.

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

Online referrals at: [www.emotionalwellbeinggateway.org.uk](http://www.emotionalwellbeinggateway.org.uk)

(Please note if you live in Lowestoft and Waveney you should contact the Point 1 Service instead: [www.point-1.org.uk](http://www.point-1.org.uk))

[**Suffolk Wellbeing Information for Young People**](http://www.thesource.me.uk/)

**Kooth**

A free online counselling and emotional wellbeing support service for young people aged 11-18 years (up to 19th Birthday).

[www.kooth.com](http://www.kooth.com)

**TheSource**

A website that provides Information and advice for young people in Suffolk, on a range of topics, including health and wellbeing.

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

**ChatHealth**

Young people can text a school nurse for confidential help.

**Text: 07507 333356** (Mon-Fri, 9am-4.30pm)

**CAT Network**

Young people can share their views, ideas and experiences of emotional wellbeing and mental health services in Suffolk.

**Telephone/Text**: **07713 093090**

**Email:** [cat.network@suffolk.gov.uk](mailto:cat.network@suffolk.gov.uk)

**YoungMinds Crisis Messenger service**

Free, 24/7 support for young people experiencing a mental health crisis.

**Text**: **85258**

[www.youngminds.org.uk](http://www.youngminds.org.uk/)

**Childline**

Information and advice online and over the phone where children and young people can talk about anything that’s

worrying them.

**Helpline:** **0800 111**

[www.childline.org.uk](http://www.childline.org.uk)

[**Suffolk VASP**](http://www.suffolkvasp.co.uk/)

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](http://www.suffolkvasp.co.uk/)

[**Survivors of Bereavement by Suicide (SOBS)**](http://uk-sobs.org.uk/)

SOBS meet the needs and overcome the isolation experienced by people over 18 who have been bereaved by suicide. [www.uk-sobs.org.uk](http://uk-sobs.org.uk/)

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

[**Work for us**](http://www.nsft.nhs.uk/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.nsft.nhs.uk/work-for-us/](http://www.nsft.nhs.uk/work-for-us/)

[**Young Minds**](http://www.youngminds.org.uk/)

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

[www.youngminds.org.uk](http://www.youngminds.org.uk/)

**Parent Helpline: 0808 802 5544**