

VISION
Community,
Support &
Services



- Online information about emotional health and wellbeing
- www.youngminds.org.uk



- Information, advice & guidance reception & phonenumber
- Online activities (keep an eye on social media for details)
- www.themix.org.uk



- LGBT*Q support groups, Online forums, Text service
- www.outreachyouth.org.uk



- Find apps and online tools to help you manage your health and wellbeing.
- www.nhs.uk/apps-library



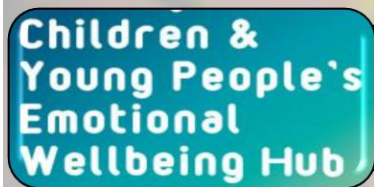
- Information and advice
- www.thesource.me.uk
- Wellbeing of young people
- www.4yp.org.uk



- Support development of young people
- Mentoring
- www.just42.org.uk/



- Make a referral or get advice about emotional health services
- www.emotionalwellbeinggateway.org.uk
- 0345 600 2090



- Find tools and resources to help yourself and others to feel better
- www.moodwise.co.uk

- Free online counselling
- www.kooth.com



- Support for young carers, Online chat, Phone service
- www.suffolkfamilycarers.org.uk
- 01473 835477



- Support & guidance with staying safe online
- Report online abuse
- ceop.police.uk/safety-centre



- Emotional health service
- www.suffolkmind.org.uk



- YouTube channel with many different yoga sessions for different moods, levels and conditions.
- www.youtube.com/user/yogawithadriene



- Find tools and resources to help yourself and others to feel better
- www.moodwise.co.uk



- Message boards, info & advice
- www.childline.org.uk

