



Numbers, websites and Apps for you to access.

MENTAL HEALTH:

KOOTH – www.kooth.com is the online counselling service for all young people age 11-18 in Suffolk. Kooth can be accessed from any laptop, phone or tablet and is available 12noon to 10pm, Monday to Friday and 6pm-10pm Saturday and Sunday 365 days a year.

4YP – www.4yp.org.uk is the online chat service available Monday to Wednesday 5pm - 7pm, where you can speak to a Young People's Worker click on the orange rectangle at the bottom right on the homepage.

Stop, Breathe, Think App - helps you manage your mood and anxieties and offers short audios, and links to short mindfulness and relaxation exercises.

Calm App – offers relaxation and breathing exercises and this would be useful when you're feeling anxious or panicky or when you are going to bed at night. It has lots of tracks and exercises that can help relax you.

Calm Halm App - helps you resist or manage the urge to self-harm. Supports you to distract and comfort yourself and looks into alternate ways of releasing your feelings.

The Mix – www.themix.org.uk. Emotional support for Under 25's.

1:1 live chat service available on the website from 3pm to 12am 7 days a week.

Helpline – 0808 808 4994: 'If you are under 25 and need help but don't know where to turn, you can call this number for free and someone body will explore your situation with you. Phone line is open 7 days a week 3pm to 12am.'

Crisis messenger text line: Text THEMIX to 85258. Crisis messenger text services provides free, 24/7 crisis support for a range of issues including: Suicidal thoughts, abuse or assault, Self-harm, bullying, or relationship breakdown.

CHILDLINE – 0800 11 11 - www.childline.org.uk

Childline can offer free, confidential counselling over the phone from 9pm until midnight. You can also access counselling via their webpage.

You can discuss a range of issues including:

- Family worries,
- Bullying,
- Relationships.

PHYSICAL HEALTH:

School Nurse - ChatHealth is a service for you to text a Suffolk school nurse to ask for confidential help and advice on all kinds of health issues. The service is available Monday to Friday from 9am to 4.30pm

ChatHealth text number: 07507 33 33 56

111 – NHS Non-emergency medical help line (can also be used to discuss mental health.)

Your GP – Check you know what surgery you are registered with and how to contact them or book appointments. Many GP surgeries offer advice and guidance on their websites if you do not want to

Family, Friends and Carers.

Speak to family members: mum, dad, siblings, grandparents, aunts and uncles can all be great at giving advice.

Keep in contact with friends, not just over message but give them a call.

ONLINE SAFETY:

CEOP - www.ceop.police.uk You can use this website to report any issues where you are concerned with the way someone is communicating with you online.

Contacting the police: - Call 999 if someone's life is at risk.

Call 101 or report on website www.suffolk.police.uk/contact-us/report-something for non-emergencies but you are aware of information that needs to be reported or passed on.