

Wellbeing helplines and useful websites

Childline- 0800 1111 (24/7)

<https://www.childline.org.uk/>

The Samaritans- 116 123 (24/7)

<https://www.samaritans.org/>

Mind- 0300 123 3393

<https://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/coronavirus-and-your-wellbeing/>

Young minds Crisis Messenger service- Text 85258 (24/7) Parent helpline 0808 802 5544

<https://youngminds.org.uk/>

The Hopeline (PAPYRUS) 0800 068 41 41

<https://papyrus-uk.org/hopelineuk/>

Kooth - A free online counselling and emotional wellbeing support service for young people aged 11-18. Kooth is available 24/7.

<https://www.kooth.com/>

School Nursing - ChatHealth Text Service - Confidential health advice from a school nurse. Available Monday - Friday 9.30am to 4.30pm. Text 07507 333356

childrenshealth@suffolk.gov.uk

Emotional wellbeing gateway- Mental health services and support

0345 6002090 Mon-Fri 8am to 7.30pm

<https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/infolink.page?infolinkchannel=2-1-1>

The source

<https://thesource.me.uk/health/>

Suffolk info link- Wellbeing directory

<https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/results.page?localofferchannelnew=4-1>

St Nicholas Hospice- Nicky's way (Bereavement support for children & young people) 01284766133

<https://stnicholashospice.org.uk/support-and-information/getting-help/counselling-and-emotional-support/living-with-bereavement/nickys-way-support-for-children/>

Useful apps

Headspace <https://www.headspace.com/>

Calm <https://www.calm.com/>

Calm harm <https://calmharm.co.uk/>

Clear Fear <https://www.clearfear.co.uk/>

Combined minds <https://combinedminds.co.uk/>

Webinars

Useful one-hour free webinars for the parent on supporting an anxious child: <https://www.wellbeingnands.co.uk/suffolk/course/parenting-the-anxious-child/>

For the young person on dealing with feeling anxious, or successful study:

<https://www.wellbeingnands.co.uk/suffolk/course/dealing-with-feeling-anxious-for-young-people/>

<https://www.wellbeingnands.co.uk/suffolk/course/successful-study-for-young-people/>