

- Check out <https://www.thesource.me.uk/> for information and advice for young people in Suffolk
- If you are worried that you or a friend is at risk of abuse, harm or neglect you should speak to a trusted adult, the police on 101 or ring **Customer First on 0808 800 4005** – free from landlines and most mobile phones. If your concern is urgent and you are very worried you can contact the police on 999.
- To speak to a **school nurse** for support and advice - send a text to [ChatHealth](https://www.chathealth.com/) (07507 333356)
- For free, safe and anonymous **online chat** where you can find someone to talk to when you need it **Kooth** - [www.kooth.com](http://www.kooth.com)
- For **general support and advice** – contact ChildLine on 0800 1111, visit [www.childline.org.uk](http://www.childline.org.uk)
- A texting service which offers support in a crisis [www.giveusashout.org/get-help/](http://www.giveusashout.org/get-help/)
- ‘Say no to domestic abuse’ - [www.thehideout.org.uk/children/home/](http://www.thehideout.org.uk/children/home/)
- For help with **suicidal feelings** - use the Papyrus Hopeline on 0800 068 41 41, visit [www.papyrus-uk.org](http://www.papyrus-uk.org)
- For help in a **crisis** - text Young Minds on 85258, visit [www.youngminds.org.uk](http://www.youngminds.org.uk)
- For **local support**, advice and guidance – contact 4YP (Suffolk Young People's Health Project) [www.4yp.org.uk](http://www.4yp.org.uk)
- For support around **mental health and wellbeing** – contact the Suffolk and Norfolk wellbeing Service, visit [www.wellbeingnands.co.uk](http://www.wellbeingnands.co.uk)
- For help with **eating disorders** - call the Beat Youthline on 0808 801 0711 or visit [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)
- The children and young people's **Emotional Wellbeing Hub** (provides an online referral for support and a telephone helpline to find the next step (0345 600 2090)
- For help with **sexual health** – contact iCaSH Suffolk, visit [cash.nhs.uk](http://cash.nhs.uk) 0300 300 3030
- For help with **substance misuse** issues – call the **Turning Point helpline on 0300 1230872**
- For help with **careers, training and apprenticeships** – contact the National Careers Service, visit [www.nationalcareersservice.direct.gov.uk](http://www.nationalcareersservice.direct.gov.uk)
- Find a job or career in Norfolk or Suffolk based on your interests: [www.icanbea.org.uk](http://www.icanbea.org.uk)

### **Aged 16 – 18 and want to talk to someone about your options?**

You can call **01284 758610** and ask to speak to a young person's worker. They can provide support to help you get into work and training. They are part of the early help teams in Children and Young People's Services.