

Signposting and support services

National organisations and self help resources

www.youngminds.org.uk (The UK's leading charity fighting for children and young people's mental health, provides advice, toolkits and resources on a wide range of topics for young people and parents. They also provide a helpline for parents)

www.annafreud.org (The Anna Freud Centre has advice on a wide variety of topics relevant to the mental health and wellbeing of infants, children and their families, with specific resources for parents and carers, schools and colleges and mental health professionals)

www.samaritans.org (Call 116 123 or go online for information, advice and support if struggling to cope or going through a difficult time)

Suffolk-based support services

For Parents

www.spcn.org.uk (Suffolk Parent Carer Network, a network of parents and carers of children and young people with additional needs/or disabilities. Provides links to local and national support services)

www.parentsandcarerstogether.co.uk (Support and advice for parents and carers in Suffolk)

<https://www.suffolk.gov.uk/children-families-and-learning/the-parent-hub/> (The Parenting Hub. A single place for parents and carers in Suffolk to find parenting advice and support)

<https://www.healthysuffolk.org.uk/covidhub/back-to-school-and-work-anxiety> (Information on anxiety in the context of COVID-19 and going back to school)

For Young People

www.thesource.me.uk (Information and advice for young people in Suffolk. By choosing the first menu option 'where to get help and support', you can access information about local support services for children)

www.kooth.com (Online, confidential counselling and support for young people, 11-24 years)

www.4YP.org.uk (Provide information, advice, and counselling for young people)

Norfolk and Suffolk NHS Foundation Trust

<https://www.suffolk.gov.uk/children-families-and-learning/suffolk-children-and-young-peoples-emotional-wellbeing-hub/> (Suffolk's Children and Young People's Emotional Wellbeing Hub, 0345 600 2090. Information and advice for anyone concerned about the emotional wellbeing and mental health of a child or young person aged 0 to 25 years. The hub can help refer young people to appropriate NHS services)

<https://nsft.nhs.uk/Find-help/Pages/Helpline.aspx> (All age First Response Service, 0808 196 3494. Helpline offering urgent crisis support for people with mental health difficulties)

Please be aware that new documentation is currently being made which will provide comprehensive information on services and support, we will provide updates of this as soon as it is available.

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