

Helplines and Websites for Young People

Childline

Comfort, advice and protection for any child or young person with any problem.

Telephone 0800 1111

www.childline.org.uk

Hope Again

This is the website for children and young people by Cruse.

www.hopeagain.org.uk

There is a form to send a message or email: hopeagain@cruse.org.uk

The Source

<http://www.thesource.me.uk/>

Information and advice for young people in Suffolk including live 1 to 1 chat and information on Chat Health [ChatHealth: your school nursing text service \(thesource.me.uk\)](#)

Kooth

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

Free safe and anonymous online support for young people, including online chat and information.

Moodwise

<https://moodwise.co.uk/>

The Moodwise website is a pilot website launched by Public Health Suffolk and Children and Young People Services thanks to funding from the Eastern Academic Health Science Network.

Moodwise is a central place where young people can go to find useful national and local resources.



Psychology and Therapeutic Services

Helplines and Websites for Young People

Other useful sites for Students and Parents

[Nicky's Way - Bereavement Support - St Nicholas Hospice Care | Community Directory \(suffolk.gov.uk\)](#)

[What to do when your child's friend dies | Parents](#)

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