

## Useful Contacts for our young people

### National Support

### General Support

- [NHS](#) - Providing mental health and wellbeing advice and guidance.
- [Childline](#) - One of the UK's leading support agencies for children.
- [Calm – Campaign Against Living Miserably](#) – Support for anyone wanting to talk.
- [Hub of Hope](#) – UK Wide Database of mental health support.
- [Mind](#) - Provides advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding.
- [Children's Mental Health Week](#) - An annual opportunity to encourage children, young people and adults to celebrate their uniqueness.
- [NSPCC](#) – National Society for Prevention of Cruelty to Children – this website contains a wealth of advice and resources.
- [Kooth](#) - Provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people.
- [The Mix](#) – Essential support for under 25s.
- [Samaritans](#) – Open 24/7 to talk about any worries or concerns.
- [Reading Well](#) – Self Help books relating to mental health and wellbeing.
- [Shout](#) – 24/7 text service – text SHOUT to 85258 free from any mobile network.
- [Young Minds](#) - One of the UK's leading charities for children and young people's mental health.
- [Place2Be](#) - One of the UK's leading children's mental health charities.
- [ThinkuKnow](#) – Online Safety Advice from CEOP (The National Crime Agency)
- [Terrence Higgins Trust](#) – Sexual Health Advice and C-Card Directory

### Identity and Community

- [Being Gay is OK](#) – Support for under 25s of the LGBTQIA+ community.
- [Kids of Colour](#) – Online platform for young people to learn about race, identity and culture.
- [Muslim Youth Helpline](#) – Faith and cultural support.

- [Bayo](#) – Mental health and wellbeing support for the black community.
- [The Proud Trust](#) – Support for the LGBTQIA+ community.
- [Mermaids](#) – Transgender, non-binary and gender diverse support for young people up to age 18.

### Difficult Feelings and Conditions

- [Alumina](#) – Free online help for those who self-harm.
- [Self-Injury Support](#) – Support for young women and girls who self-harm or have experienced trauma.
- [Beat](#) – Support for eating problems.
- [No Panic](#) – Support for anxiety, panic attacks and OCD.
- [The Ollie Foundation](#) – Support and advice for young people experiencing suicidal feelings.
- [Papyrus](#) – Support for young people experiencing suicidal thoughts or struggling to cope.
- [Runaway](#) – Support for those who have thought about running away or who have run away and returned.
- [Voice Collective](#) – Support for young people experiencing intrusive visions and voices.
- Britannica Digital Learning [Free eBook: Tackling Anxiety and Encouraging Resilience!](#)
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### Bereavement and Loss

- [Help 2 Make Sense](#) – Winston's Wish online tool for support after death of a loved one.
- [Hope Again](#) – Information and advice for young people coping with death of someone close.

### Young Carers

- [Children's Society Young Carers](#) – Information for young carers.
- [Carers Trust](#) – Includes specific information for young carers.

## Trauma and Abuse

- [Kidscape](#) – Advice for young people regarding bullying.
- [Stop Hate UK](#) – Text service for young people under 18 who have experienced hate crime.
- [Safeline](#) – Information and support for young people who have experienced sexual abuse.
- [Refuge](#) – has specific support for young people who have experienced Domestic abuse.
- [Victim Support](#) – Information and support for young people affected by crime and traumatic events

## Living Situations

- [Gingerbread](#) – Support for young people whose parents are splitting up or who have lost a parent.
- [Centrepoint](#) – Support for young people who are homeless or at risk of becoming homeless.
- [Become](#) – Support for young people in care or care leavers.
- [Shelter](#) – Contains support for young people relating to housing.

## Rights and Law

- [Citizens Advice](#) – Information and advice on your rights.

## Local Support

[The Mix \(Stowmarket\)](#) – Local Stowmarket support for young people under 25.

[4YP](#) – Ipswich based support for young people aged 7 – 25 years.

[Teenage Mental Health](#) – One-to-One Therapy for young people based in Ipswich.

[The Source](#) – Information, Advice and sources of support for young people in Suffolk.

[Level 2 Youth Project](#) – Support for young people in Felixstowe and the surrounding villages.

[Suffolk County Council](#) – Directory of young people supports.

[Community Action Suffolk](#) – Support and advice for those working with our young people.

[Inspire Suffolk](#) – Support young people build their confidence and skills.

[Norfolk and Suffolk NHS](#) – Secondary mental health support.

[Suffolk Safeguarding Partnership](#) – Helpful Resources and Safeguarding support.

[Suffolk Mind](#) – Local Mind services.

[Healthwatch Suffolk](#) – Directory of support for young people.

[Sendiass in Suffolk](#) – Wellbeing directory for Special Education Needs and Disability young people.

