

HOW ARE YOU FEELING TODAY?

HOWEVER YOU ARE FEELING,
YOU ARE NOT ALONE AND
THERE IS SOMEONE WHO WILL
LISTEN AND HELP YOU.



The Source

A website of information, advice and support for **young people in Suffolk**



www.thesource.me.uk/health



ChatHealth

Text a school nurse for confidential help.

07507 333356

Available Mon- Fri, 9am - 4:30pm, excluding bank holidays

school+nurses

YOUR SUFFOLK SCHOOL NURSING SERVICE

Live 1-1 chat

Non-judgemental chat online with a young people's worker.

www.thesource.me.uk/expert



Available Monday, Tuesday and Wednesday 5 - 7pm.



#TOILETDOOR

The Emotional Wellbeing Hub

Get support if you or your friends are worried about an emotional wellbeing issue online or by phone.



0345 600 2090

Available Monday to Friday, 8am to 7:30pm

www.thesource.me.uk/wellbeing

