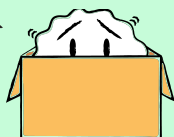


HOW ARE YOU FEELING TODAY?

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

Free, safe, anonymous chat when you need it

 **kooth.com**

Available Monday - Friday 12pm - 10pm
Saturday - Sunday 6pm - 10pm

kooth

#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/hub

