

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 Mon-Fri, 12pm - 10pm
Sat-Sun 6pm - 10pm

kooth



#TOILETDOOR




Point 1

Norfolk & Waveney emotional wellbeing service for children and young people.

www.point-1.org.uk

help@point-1.org.uk

 **0800 977 4077**

POINT 1