

Digital offer for schools

Suffolk County Council Accessibility tools Search suffolk.gov

Wellbeing in Education

A wide range of resources, workshops and training materials to support mental health and wellbeing.

WELLBEING IN EDUCATION

- Staff Wellbeing
- Children and Young People
- Family Wellbeing
- Whole School and College Approach to Wellbeing

Staff wellbeing
Information, advice and guidance to support the emotional health and wellbeing of staff in schools and colleges.

Children and young people's wellbeing
Resources and training for educational settings to support the wellbeing of the Children and Young People they work with.

Family wellbeing - information to support your child or young person's wellbeing
Parent and carer workshops and resources to help you support your young person's wellbeing.

Whole school and college approach to wellbeing
Guidance for schools on adopting a

Latest wellbeing news and events
The Wellbeing in Education service

EBSA Emotionally Based School Avoidance
Advice to help children and young

The Wellbeing in Education website (SCC website)
www.suffolk.gov.uk/wellbeingeducation

Suffolk InfoLink Community Directory

Welcome to Suffolk InfoLink, your community directory

Explore thousands of activities, services and events across Suffolk

Keywords: Place name or postcode

Worried about the cost of living? Need some support? Find out more here

Is your Organisation Listed? Add and update your record today

Cost of living support in Suffolk

Families and Community
Directory of childcare, local groups, organisations and activities

Health and Wellbeing
Information and support on physical and mental health issues and staying well

Help for Adults
Information and advice about local services and organisations to help you live independently

Suffolk Local Offer
Information, support and services for children and young people with special educational needs or disabilities (SEND)

Latest News
Are you looking for a foodbank or know someone that is? Find your local foodbank here Foodbanks in Suffolk if your foodbank isn't listed, please add it here Suffolk InfoLink Add your foodbank #Suffolk #Foodbanks #Poverty Read more

Be Well, Feel Well
A healthier Suffolk in 2023 How do you look after your mental health and wellbeing? Read more

Access Your Local NHS Services
Find services near you

Suffolk InfoLink Community Directory

Home Families and Community Health and Wellbeing Help for Adults Suffolk Local Offer Youth Focus Suffolk

Keywords: Place name or postcode Emotional wellbeing and mental

Home > Health and Wellbeing > Emotional Wellbeing Gateway - Mental Health Services & Support

Worried about the cost of living? Need some support? Find out more here

Emotional Wellbeing Gateway - Mental Health Services & Support

Whether you are experiencing mental health issues, are worried about someone you care for, or want to know how to stay mentally well, the Gateway website is the place to go for families and professionals to access mental health support services in Suffolk

Filter by category

- Abuse
- ADHD and autism
- Addiction
- Anxiety
- Depression
- Eating disorders
- Grief and loss
- Maternal mental health
- OCD
- Self-harm
- Sleep
- Staying mentally well
- Stress
- Suicidal thoughts
- Trauma

View all Emotional Wellbeing Support Services Womens history month march 2023 Find out more

Urgent Mental Health Support Find out more

Call 111 A free 24-hour service

Latest News Further Information

Emotional Wellbeing Gateway (Suffolk Infolink website)
www.emotionalwellbeinggateway.org.uk

Digital offer...

Kooth for young people aged 11-25

Kooth offer young people people:

- Free counselling
- Discussion Boards and Live Forums on various wellbeing topics
- Kooth magazine and help articles
- Journal and self-help tools



kooth.com

free, safe and anonymous online counselling and support.

“ I don't think I could have spoken to someone face to face ”

live messaging | advice articles | moderated forums

Need to talk?
Our counsellors are currently **offline** and will be back online soon
SEND US A MESSAGE

On Kooth you can

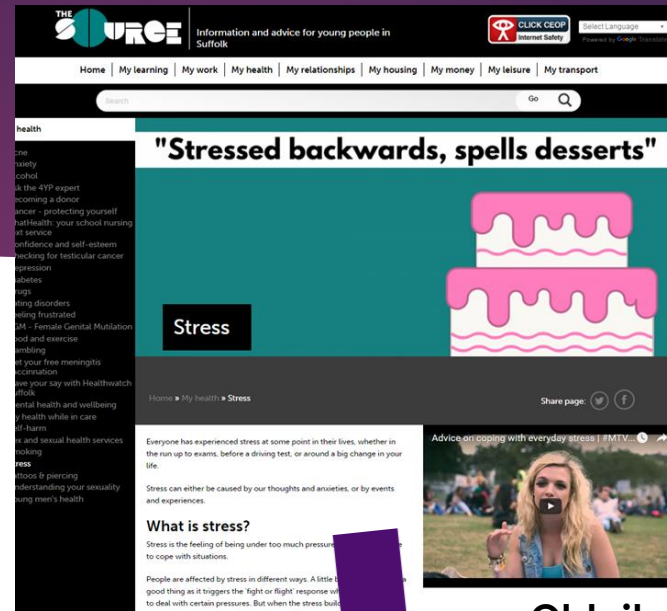
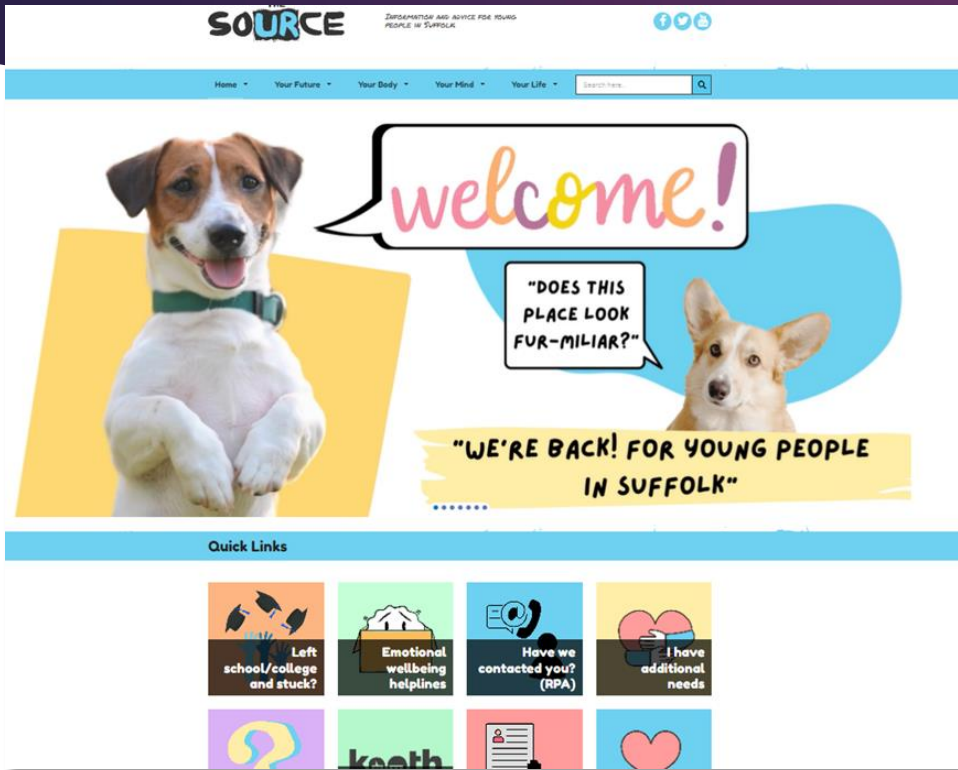
Chat to our friendly counsellors

kooth

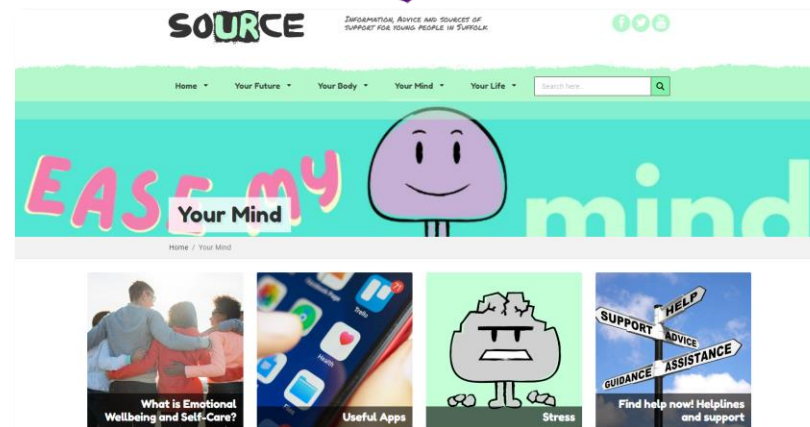
Young people can signup free at: www.kooth.com

Digital offer...

New improved 'The Source' website for young people in Suffolk



Old site



New site with a new 'Your Mind' section

The Source website provides information, advice and sources of support to young people in Suffolk about:

- Health and wellbeing (includes emotional wellbeing support services)
- Learning
- Work and careers (including new CV Builder)
- Relationships

THE
SOURCE

www.thesource.me.uk

Suffolk wide support

- ▶ Suicide prevention training and resources
- ▶ PHSE platform that provides all resources and information to embed mental health and wellbeing into lesson planning
- ▶ Kooth – 11-25, 24/7 online counselling service – Kooth also provide visits to schools to share resources and training.
- ▶ DfE mental health lead training programme
- ▶ Public Health campaign support – bullying, suicide prevention and wellbeing initiatives for health and wellbeing.
- ▶ Webinars and online training developed by our lead psychologists available for low level anxiety, school based avoidance, sleep issues, exam pressure etc.

Eating Disorders

- ▶ Alongside our specialist Eating Disorder Service we have commissioned additional support for CYP for Suffolk.
- ▶ BEAT provide a very wide range of support including SPOT for schools [SPOT - Online Training for Schools - Beat \(beateatingdisorders.org.uk\)](https://www.beateatingdisorders.org.uk) This is currently provided for all primary schools.
- ▶ Kooth – our online counselling service also has a range of support specifically for Eating Disorders.

Primary School Offer – Jot the Robot Wellbeing Resources

'Jot the friendly robot', is a new emotional wellbeing character that has been launched to help teach primary school aged children in Suffolk about emotional literacy (managing strong feelings).

Jot the robot gives tips to children about 15 things that they can do to help them feel better when they are feeling upset, anxious or worried.

Jot animated videos have been created, and primary schools are being sent a Jot booklet and flash cards to use in class.

A Jot the robot class workshop is being created, which will get children building creating a wellbeing robot mascot for their school (workshop dates coming in April)



For more information go to:

www.suffolk.gov.uk/jot

Digital Offer – a round up of local online support

- **Emotional Wellbeing Gateway website (Suffolk Infolink Directory)** – Information, advice and guidance on common mental health issues. Access to mental health services like the Emotional Wellbeing Hub: www.emotionalwellbeinggateway.org.uk
- **Just One Norfolk** - Mental health support service in Lowestoft and Waveney: www.justonenorfolk.nhs.uk/mentalhealth
- **Wellbeing Service** – A range of online courses and webinars: www.wellbeingnands.co.uk/suffolk
- **Wellbeing in Education website (on Suffolk County Council website)** – Supports the wellbeing of schools and educational settings. Podcasts, training courses, wellbeing events calendar, parent and carer workshops: www.suffolk.gov.uk/wellbeingeducation
- **Suffolk Local Offer** - Local support and opportunities for children and young people with SEND: www.suffolklocaloffer.org.uk
- **Suffolk Sendiass** – Special Educational Needs and Disabilities Information Advice and Support Service: <https://suffolksendiass.co.uk>
- **The Source website for young people** – Sources of information and advice important to young people in Suffolk, including emotional wellbeing support: www.thesource.me.uk/wellbeing
- **Kooth** - Online counselling service and peer to peer support for young people aged 11-25: www.kooth.com
- **Healthy Suffolk** – Public Health website which includes 'The Five Ways to Wellbeing' Suffolk initiative for how families can look after their emotional wellbeing: www.healthysuffolk.org.uk
- **Turning Point** - Support for young people affected by drug and alcohol abuse: www.wellbeing.turning-point.co.uk/suffolk
- **Yojo Careers and Apprenticeships App** – Support young people's aspirations for the future by helping them find employment opportunities. www.yojoapp.co.uk

Digital Offer – Online support from organisations that work with families

- **Suffolk Minds** - Resources and support for adults and children to help them stay well:
www.suffolkmind.org.uk
- **PACT (Parents And Carers Together)** - Support parents and carers to support the mental health of their children and young people: www.parentsandcarerstogether.co.uk
- **Suffolk Parent Carer Forum** – A group of parents helping to shape services for children and young people with SEND in Suffolk: <https://suffolkpcf.co.uk>
- **Home-Start**- One-to-one volunteer-based, home-visiting, family support:
www.homestartinsuffolk.org
- **4YP Suffolk Young People's Health Project** - Provides services that improve the social, emotional, and physical health and wellbeing of young people in Suffolk, aged 12-25:
<https://4yp.org.uk>

Digital Offer – National online support

- **MindEd** - Practical guidance, and learning modules for families and professionals. www.mindedforfamilies.org.uk
- **Anna Freud National Centre for Children and Families** - Resources and support to parents, and an 'On My Mind' young person's directory. www.mindedforfamilies.org.uk
- **Young Minds** – Empowers and supports the mental health and wellbeing of young people. www.youngminds.org.uk
- **The Mix** – Information and support for young people's mental health: www.themix.org.uk/mental-health
- **The Samaritans** - www.samaritans.org
- **CALM** - Mental Health support for boys and men: www.thecalmzone.net
- **Hopeline (Papyrus)** – Support for young people, adults struggling with suicidal thoughts: www.papyrus-uk.org

Non Digital Offer

▶ Helplines:

▶ Barnardo's Phoneline Service & Emotional Wellbeing Hub (0345 600 2090 & press option 2 or 3)

▶ Just One' service 0300 300 0123 (Lowestoft and Waveney)

▶ All age NHS Mental Health Crisis Support Line 111 option 2

▶ Wellbeing Service 0300 123 1503

▶ ChatHealth School Nursing Team Text Service 07507 333356



Press option 2

 **0345 600 2090**



Press option 3



ChatHealth

Non Digital...Emotional Wellbeing Posters and Z cards Resources

HOW ARE YOU FEELING TODAY?

FABULOUS? STRESSED? ALRIGHT? ANGRY? UPSET? ANXIOUS?



We all have emotional health and wellbeing, and this is just as important as our physical health.

www.thesource.me.uk/wellbeing

The Source – information, advice and support for young people in Suffolk. **THE SOURCE**

MOVEMENT AND MENTAL HEALTH

7 Ways to Improve your emotional wellbeing



www.thesource.me.uk/wellbeing

The Source – information, advice and support for young people in Suffolk. **THE SOURCE**

I FEEL LIKE HURTING MYSELF!



Advice and support if you or a friend are self-harming

www.thesource.me.uk/wellbeing

The Source – information, advice and support for young people in Suffolk. **THE SOURCE**

IS LIFE GETTING TOO MUCH?

Feeling overwhelmed or suicidal?




www.thesource.me.uk/wellbeing

The Source – information, advice and support for young people in Suffolk. **THE SOURCE**

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**
THE SOURCE
www.thesource.me.uk



ChatHealth
Text a school nurse for confidential help
07507 333356
Available Mon-Fri, 9am to 4:30pm excluding bank holidays
school+nurses

Live 1-1 chat
Free, safe, anonymous chat when you need it
kooth.com
Available Mon-Fri, mid-day to 10pm
Sat-Sun 6pm to 10pm
kooth




Barnardo's Phonenumber Service For general wellbeing signposting
press option 2 Mon-Fri, 9am to 5pm

Emotional Wellbeing Hub To refer you or a friend for support
press option 3 Mon-Fri, 8am to 7.30pm

NHS Crisis Support Line - Call 111 and press option 2
24/7 helpline for people of all ages in Norfolk and Suffolk

#TOILETDOOR



Non Digital Offer – Leaflets and resources

- **Barnardo's & Emotional Wellbeing Hub publicity materials**

Emotional Wellbeing Hub Poster
Emotional Wellbeing Hub Card
Barnardo's Phonenumber Service Poster

- Podcasts and webinars for school staff and parent and carers are available on the [Wellbeing in Education website](#)

- **Toilet Door Wellbeing Posters for schools and settings**

How are you feeling today? Toiletdoor poster East & West Suffolk
How are you feeling today? Toiletdoor poster Waveney & Lowestoft

- **Emotional wellbeing Z cards for young people**

How are you feeling today? Z Card
Feeling Overwhelmed and Suicidal Z Card
Movement and Mind Z Card
I feel like hurting myself Z Card

- **Self-harm resources**

Self-harm leaflet for parent and carers
I feel like hurting myself Z Card

[Self-harm in children and young people advice page](#)
[The Source website Self-harm advice for young people](#)

To request or know more about any of our emotional wellbeing resources, please email:

engagementhub.enquiries@suffolk.gov.uk