



# **Children & Young People's Emotional Wellbeing & Mental Health Support Pack for Parents, Carers & Practitioners Version 1.0**



# Emotional Wellbeing and Mental Health Support for Children, Young People and Families in Suffolk

Parents and Carers across Suffolk have told us that they don't know what is out there for them and/or their children and young people to access. Quite often, families find out information from other families or through organisations such as Suffolk Parent Carer Network. The Suffolk Local Offer [www.suffolklocaloffer.org.uk](http://www.suffolklocaloffer.org.uk) is a directory of services that are available across Suffolk and work is being done all the time to make it more accessible and easier to search for families. However, we also know that having a physical pack of what's on offer is something that families and practitioners frequently tell us they would use. So here is the first draft and this will be updated all the time. You will be able to find an electronic copy on Suffolk's Emotional Wellbeing Gateway [www.emotionalwellbeinggateway.org.uk](http://www.emotionalwellbeinggateway.org.uk) in due course and they will be responsible for updating this from 1st May 2019 onwards.

This first draft of the Support Pack has been pulled together by Suffolk Parent Carer Network. This is a work in progress as families and practitioners continue to send us useful organisations and websites to include. If you know of organisations that would be helpful to children, young people and families that are not included in here then please forward this to the organisation concerned and ask them to use this link to provide their details by <https://www.surveymonkey.co.uk/r/CL8LGRC>.

Equally, if there are organisations in here that no longer exist, or if you have suggestions for how this pack can be improved, then please email [admin@spcn.org.uk](mailto:admin@spcn.org.uk) with your comments and suggestions. This will always be a live pack which is why we will not be getting lots of copies printed, however it has been produced in PDF format so that anyone can download or print it. We hope this is a useful first start to the services which exist to support children, young people and families and we look forward to this pack being an ongoing, useful resource.

## **Who are Suffolk Parent Carer Network and what do we do?**

Suffolk Parent Carer Network (SPCN) is a group of parents and carers of children with additional needs and/or disabilities who work with education, health and care services to make sure the services they plan and deliver are fit for purpose and meet the needs of children, young people and their families across Suffolk. We know that for most parent carers, and for parent carers of children with additional needs and/or disabilities, time is in short supply. Yet it is vital that we join together, pool our knowledge and make real changes to services which improve the lived experience of families.

Membership is free and all our members will have access to a variety of services and resources including free training, conference, being involved in consultations on new and current issues, peer to peer support via our social media and much more.

**Parent Carer Membership** (for any family member, foster parent or guardian).

Go to [www.spcn.org.uk](http://www.spcn.org.uk) and click on contact, then select 'Join as a parent carer'

**Associate Membership** (for practitioners and interested individuals who are non-parent carers)

Go to [www.spcn.org.uk](http://www.spcn.org.uk) and click on contact then select 'Associate Membership'

## **Contact SPCN**

**Email:** [admin@spcn.org.uk](mailto:admin@spcn.org.uk) **Phone:** 07341 126455 **Website:** [spcn.org.uk](http://spcn.org.uk)

**Facebook:** [www.facebook.com/suffolkpcn/](https://www.facebook.com/suffolkpcn/) **Twitter:** @suffolkpcn **Instagram:** [suffolkpcn](https://www.instagram.com/suffolkpcn/)

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## Emotional Wellbeing and Mental Health Services – for parents and carers

<b>Name of organisation and logo</b>	<b>Acorns Counselling Service</b>
<b>Brief description of what the organisation does</b>	<p><b>Acorn Counselling Service</b> is a low cost counselling service offering personal and confidential support from trained counsellors who are on placement with us to accrue hours towards their accreditation. The service is for people aged 18 years and over.</p> <p>We offer personal and confidential support from trained counsellors. They will provide an opportunity to talk face to face about various issues such as relationship problems, family difficulties, personal crises or bereavement.</p> <p>Counselling involves exploring your feelings, challenging your thinking and behaviour's in order to take responsibility for yourselves and effect change. The process will help to build self-esteem and aid in your ability to communicate more effectively with others.</p> <p>Sessions are recommended weekly and last for 50 minutes. The initial consultation appointment is free and there is a fee of £25 per session with the opportunity for short or long term therapy. We do also sometimes have reduced cost sessions available please ask for details.</p>
<b>Area the organisation covers</b>	Bury St Edmunds and Ipswich
<b>Website</b>	<a href="http://www.mtcic.org.uk">http://www.mtcic.org.uk</a>
<b>Suffolk Local Offer record</b>	<a href="https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/service.page?id=hhUZAELUClo&amp;amp">https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/service.page?id=hhUZAELUClo&amp;amp</a>
<b>Contact Details:</b>	Acorn Counselling Service 01473 381403 info@mtcic.org.uk
<b>Facebook Page</b>	<a href="https://www.facebook.com/pg/mtreecic/about/">https://www.facebook.com/pg/mtreecic/about/</a>

<b>Name of organisation and logo</b>	<b>Adult Learning Disabilities Community Team (Norfolk and Suffolk NHS Foundation Trust)</b>
<b>Brief description of what the organisation does</b>	The service is offered to adults with a learning disability aged 25 and over, their families, carers and other professional, statutory and voluntary bodies. Practical and advisory support is available

	<p>through a broad skill mix and networks to other professionals. Needs assessment is holistic in approach</p> <p>Interpretation and translation services can be arranged by staff, for users of this service.</p> <p>Home visits are provided by this service and all initial assessments are on a face-to-face basis</p> <p>An information leaflet about the service and other patient leaflets are available by telephone or letter request and are dealt with on an individual basis.</p>
<b>Area the organisation covers</b>	Waveney
<b>Website</b>	<a href="http://www.nsft.nhs.uk/Pages/Adult-Learning-Disability-service.aspx">http://www.nsft.nhs.uk/Pages/Adult-Learning-Disability-service.aspx</a>
<b>Suffolk Local Offer record</b>	<a href="https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/service.page?id=wUtDQKPQX6E&amp;localofferchannelnew=0">https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/service.page?id=wUtDQKPQX6E&amp;localofferchannelnew=0</a>
<b>Contact Details</b>	Andy Crumly - Community Team Manager 01502 535 020 andy.crumly@nsft.nhs.uk

<b>Name of organisation and logo</b>	<b>Al-Anon Family Groups UK and Eire</b>
<b>Brief description of what the organisation does</b>	<p>Al-Anon offers understanding and support to the families and friends of problem drinkers, whether the alcoholic is still drinking or not.</p> <p>Alateen, part of Al-Anon, is for young people aged 12-17 who have been affected by someone else's drinking, usually that of a parent. Only first names are used at meetings and everything that is said is held in confidence.</p>
<b>Area the organisation covers</b>	Suffolk
<b>Website</b>	<a href="http://www.al-anonuk.org.uk">http://www.al-anonuk.org.uk</a>
<b>Suffolk Local Offer record</b>	<a href="http://infolink.suffolk.gov.uk/kb5/suffolk/infolink/organisation.page?id=3IOPCTyQXoU">http://infolink.suffolk.gov.uk/kb5/suffolk/infolink/organisation.page?id=3IOPCTyQXoU</a>
<b>Contact Details:</b>	Al-Anon Family Groups <a href="mailto:enquiries@al-anonuk.org.uk">enquiries@al-anonuk.org.uk</a> Confidential Helpline (0207 403 0888): open 10am-10pm daily.
<b>Facebook Page</b>	<a href="https://www.facebook.com/AlAnonFamilyGroupsUK">https://www.facebook.com/AlAnonFamilyGroupsUK</a>

<b>Name of organisation and logo</b>		<b>Wellbeing Norfolk &amp; Waveney</b>
<b>Brief description of what the organisation does</b>	<p>Wellbeing Norfolk &amp; Waveney provides free advice and support across Suffolk for people of all ages, on common mental health and emotional issues, such as low mood, depression or stress. Young people over 16 can self refer. If you are aged 15 or under, talk to your GP about what other services are available to you.</p>	
<b>Area the organisation covers</b>	Norfolk and Waveney	

<b>Website</b>	<a href="https://www.wellbeingnands.co.uk/suffolk/">https://www.wellbeingnands.co.uk/suffolk/</a>
<b>Suffolk Local Offer record</b>	
<b>Contact Details:</b>	0300 123 1503
<b>Facebook Page</b>	<a href="https://www.facebook.com/WellbeingNandW/">https://www.facebook.com/WellbeingNandW/</a>

<b>Name of organisation and logo</b>		<b>Wellbeing Suffolk</b>
<b>Brief description of what the organisation does</b>	Wellbeing Suffolk provides free advice and support across Suffolk for people of all ages, on common mental health and emotional issues, such as low mood, depression or stress. Young people over 16 can self refer. If you are aged 15 or under, talk to your GP about what other services are available to you.	
<b>Area the organisation covers</b>	Suffolk (excluding Waveney)	
<b>Website</b>	<a href="https://www.wellbeingnands.co.uk/suffolk/">https://www.wellbeingnands.co.uk/suffolk/</a>	
<b>Suffolk Local Offer record</b>		
<b>Contact Details:</b>	0300 123 1503	
<b>Facebook Page</b>	<a href="https://www.facebook.com/wellbeinginsuffolk">https://www.facebook.com/wellbeinginsuffolk</a>	

## Emotional Wellbeing and Mental Health Services – for children and young people

<b>Name of organisation and logo</b> 	<b>4YP</b>
<b>Brief description of what the organisation does</b>	<p><b>Suffolk Young People's Health Project (also known as 4YP) is a local charity, which provides and coordinates services that improve the social, emotional, and physical health and wellbeing of young people in Suffolk, aged 12-25.</b></p> <p>Through advice, guidance and practical support we help young people develop the skills and knowledge to lead healthier, happier, safer and more resilient lifestyles. We give young people the confidence to make better informed choices and enable them to reach their full potential.</p> <p>We work from our drop-in centre in Lower Brook Street, Ipswich and throughout the county, including in many schools. Our services aim to cater for those that struggle to get the support they need elsewhere.</p> <p>We offer drop-ins, counselling, groups and activities, Ask the 4YP expert and more.</p>
<b>Area the organisation covers</b>	Suffolk
<b>Website</b>	<a href="https://www.4yp.org.uk/">https://www.4yp.org.uk/</a>
<b>Suffolk Local Offer record</b>	<a href="http://infolink.suffolk.gov.uk/kb5/suffolk/infolink/organisation.page?id=13fDDPluhY8">http://infolink.suffolk.gov.uk/kb5/suffolk/infolink/organisation.page?id=13fDDPluhY8</a>
<b>Contact Details:</b>	<p>4YP has an open door policy - this means you're welcome to drop in, without an appointment, any time while we're open:</p> <p><b>Monday - Friday, 10am-5pm</b>          01473 252607  <a href="mailto:enquiries@syphp.org.uk">enquiries@syphp.org.uk</a>          14 Lower Brook Street, Ipswich, Suffolk, IP4 1AP</p>
<b>Facebook Page</b>	<a href="https://www.facebook.com/suffolk4yp/">https://www.facebook.com/suffolk4yp/</a>

<b>Name of organisation and logo</b>	<b>Acorns Counselling Service</b>
<b>Brief description of what the organisation does</b>	<p><b>Acorn Counselling Service</b> is a low cost counselling service offering personal and confidential support from trained counsellors who are on placement with us to accrue hours towards their accreditation. The service is for people aged 18 years and over.</p> <p>We offer personal and confidential support from trained counsellors. They will provide an opportunity to talk face to face about various issues such as relationship problems, family difficulties, personal crises or bereavement.</p>

	<p>Counselling involves exploring your feelings, challenging your thinking and behaviour's in order to take responsibility for yourselves and effect change. The process will help to build self-esteem and aid in your ability to communicate more effectively with others.</p> <p>Sessions are recommended weekly and last for 50 minutes. The initial consultation appointment is free and there is a fee of £25 per session with the opportunity for short or long term therapy. We do also sometimes have reduced cost sessions available please ask for details.</p>
<b>Area the organisation covers</b>	Bury St Edmunds and Ipswich
<b>Website</b>	<a href="http://www.mtcic.org.uk">http://www.mtcic.org.uk</a>
<b>Suffolk Local Offer record</b>	<a href="https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/service.page?id=hhUZAELUClo&amp;amp">https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/service.page?id=hhUZAELUClo&amp;amp</a>
<b>Contact Details:</b>	Acorn Counselling Service 01473 381403 info@mtcic.org.uk
<b>Facebook Page</b>	<a href="https://www.facebook.com/pg/mtreecic/about/">https://www.facebook.com/pg/mtreecic/about/</a>

<b>Name of organisation and logo</b>	<b>Al-Anon Family Groups UK and Eire</b>
<b>Brief description of what the organisation does</b>	<p>Al-Anon offers understanding and support to the families and friends of problem drinkers, whether the alcoholic is still drinking or not.</p> <p>Alateen, part of Al-Anon, is for young people aged 12-17 who have been affected by someone else's drinking, usually that of a parent. Only first names are used at meetings and everything that is said is held in confidence.</p>
<b>Area the organisation covers</b>	Suffolk
<b>Website</b>	<a href="http://www.al-anonuk.org.uk">http://www.al-anonuk.org.uk</a>
<b>Suffolk Local Offer record</b>	<a href="http://infolink.suffolk.gov.uk/kb5/suffolk/infolink/organisation.page?id=3IOPCTyQXoU">http://infolink.suffolk.gov.uk/kb5/suffolk/infolink/organisation.page?id=3IOPCTyQXoU</a>
<b>Contact Details:</b>	Al-Anon Family Groups <a href="mailto:enquiries@al-anonuk.org.uk">enquiries@al-anonuk.org.uk</a> Confidential Helpline (0207 403 0888): open 10am-10pm daily.
<b>Facebook Page</b>	<a href="https://www.facebook.com/AlAnonFamilyGroupsUK">https://www.facebook.com/AlAnonFamilyGroupsUK</a>

<b>Name of organisation and logo</b>	<b>Belhaven</b>
<b>Brief description of what the organisation does</b>	Nursing home. <b>Specialisms/services:</b> Mental health conditions, Treatment of disease, disorder or injury, Caring for children (0 - 18yrs)
<b>Area the organisation covers</b>	Ipswich
<b>Website</b>	<a href="http://www.priorygroup.com/">http://www.priorygroup.com/</a>

<b>Suffolk Local Offer record</b>	<a href="https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/service.page?id=ykRYuH-cF58">https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/service.page?id=ykRYuH-cF58</a>
<b>Contact Details</b>	01473 603005 <a href="mailto:info@priorygroup.com">info@priorygroup.com</a> 303 Belstead Road, Ipswich, IP2 9EH
<b>Facebook Page</b>	<a href="https://www.facebook.com/PrioryGroup/">https://www.facebook.com/PrioryGroup/</a>

<b>Name of organisation and logo</b>	 <b>Wellbeing Norfolk &amp; Waveney</b>
<b>Brief description of what the organisation does</b>	Wellbeing Norfolk & Waveney provides free advice and support across Suffolk for people of all ages, on common mental health and emotional issues, such as low mood, depression or stress. Young people over 16 can self refer. If you are aged 15 or under, talk to your GP about what other services are available to you.
<b>Area the organisation covers</b>	Norfolk and Waveney
<b>Website</b>	<a href="https://www.wellbeingnands.co.uk/suffolk/">https://www.wellbeingnands.co.uk/suffolk/</a>
<b>Suffolk Local Offer record</b>	
<b>Contact Details:</b>	0300 123 1503
<b>Facebook Page</b>	<a href="https://www.facebook.com/WellbeingNandW/">https://www.facebook.com/WellbeingNandW/</a>

<b>Name of organisation and logo</b>	 <b>Wellbeing Suffolk</b>
<b>Brief description of what the organisation does</b>	Wellbeing Suffolk provides free advice and support across Suffolk for people of all ages, on common mental health and emotional issues, such as low mood, depression or stress. Young people over 16 can self refer. If you are aged 15 or under, talk to your GP about what other services are available to you.
<b>Area the organisation covers</b>	Suffolk (excluding Waveney)
<b>Website</b>	<a href="https://www.wellbeingnands.co.uk/suffolk/">https://www.wellbeingnands.co.uk/suffolk/</a>
<b>Suffolk Local Offer record</b>	
<b>Contact Details:</b>	0300 123 1503
<b>Facebook Page</b>	<a href="https://www.facebook.com/wellbeinginsuffolk">https://www.facebook.com/wellbeinginsuffolk</a>

## Helplines – for parents and carers

<b>Name of organisation and logo</b>		<b>CALM – The Campaign Against Living Miserably</b>
<b>Brief description of what the organisation does</b>	The Campaign Against Living Miserably (CALM) is a registered charity, which exists to prevent male suicide in the UK.	
<b>Area the organisation covers</b>	UK	
<b>Website</b>	<a href="https://www.thecalmzone.net/">https://www.thecalmzone.net/</a>	
<b>Suffolk Local Offer record</b>		
<b>Contact Details:</b>	0800 58 58 58 5pm to midnight, 365 days a year	
<b>Facebook Page</b>	<a href="https://www.facebook.com/theCALMzone/">https://www.facebook.com/theCALMzone/</a>	

<b>Name of organisation and logo</b>		<b>Carers UK</b>
<b>Brief description of what the organisation does</b>	<p>We provide information, support and advice to carers. The information and advice we provide covers a range of subjects relating to caring including:</p> <ul style="list-style-type: none"> <li>• Benefits and tax credits</li> <li>• Carers employment rights</li> <li>• Carers assessments and how to get support</li> <li>• Services available to carers</li> <li>• How to complain effectively and challenge decisions</li> </ul> <p>You can email us or contact us and we will respond to your enquiries within 10 working days, although it can often be sooner.</p> <p><a href="mailto:advice@carersuk.org">advice@carersuk.org</a></p>	
<b>Area the organisation covers</b>	UK	
<b>Website</b>	<a href="https://www.carersuk.org/home">https://www.carersuk.org/home</a>	
<b>Suffolk Local Offer record</b>		
<b>Contact Details:</b>	Our telephone helpline providing information is open on Mondays and Tuesday between 10am and 4pm - 0808 808 7777	
<b>Facebook Page</b>	<a href="https://www.facebook.com/carersuk/">https://www.facebook.com/carersuk/</a>	

<b>Name of organisation and logo</b>		<b>Contact – For families with disabled children</b>
<b>Brief description of what the organisation does</b>	We support families with the best possible guidance and information. We bring families together to support each other. And we help families to campaign, volunteer and fundraise to improve life for themselves and others.	
<b>Area the organisation covers</b>	UK	
<b>Website</b>	<a href="https://contact.org.uk/">https://contact.org.uk/</a>	
<b>Suffolk Local Offer record</b>		
<b>Contact Details:</b>	Call our free helpline 0808 808 3555	
<b>Facebook Page</b>	<a href="https://www.facebook.com/contactfamilies/">https://www.facebook.com/contactfamilies/</a>	

<b>Name of organisation and logo</b>		<b>MIND</b>
<b>Brief description of what the organisation does</b>	When you're living with a mental health problem, or supporting someone who is, having access to the right information - about a condition, treatment options, or practical issues - is vital. Call Mind for information on a wide range of topics.	
<b>Area the organisation covers</b>	UK	
<b>Website</b>	<a href="http://www.mind.org.uk">www.mind.org.uk</a>	
<b>Suffolk Local Offer record</b>		
<b>Contact Details:</b>	0300 123 3393 Weekdays 9am to 6pm (except bank holidays)	
<b>Facebook Page</b>	<a href="https://www.facebook.com/mindforbettermentalhealth/">https://www.facebook.com/mindforbettermentalhealth/</a>	

<b>Name of organisation and logo</b>		<b>Saneline</b>
<b>Brief description of what the organisation does</b>	SANE is a leading UK mental health charity. We offer one-to-one support for those times you feel you need it most – this could be when you have a problem with your own mental health, or when someone close to you is struggling. We provide this support through SANEline, the only national out-of-hours specialist helpline for people affected by mental illness. SANE wants you to feel like you always have someone to turn to, offering non-judgmental, compassionate support when many services are closed.	
<b>Area the organisation covers</b>	UK	
<b>Website</b>	<a href="http://www.sane.org.uk">www.sane.org.uk</a>	
<b>Suffolk Local Offer record</b>		
<b>Contact Details:</b>	0300 304 7000 4.40pm to 10.30pm daily	
<b>Facebook Page</b>	<a href="https://www.facebook.com/charitySANE/">https://www.facebook.com/charitySANE/</a>	

<b>Name of organisation and logo</b>	<b>School Nursing - ChatHealth Text Service.</b>
<b>Brief description of what the organisation does</b>	Confidential health advice from a school nurse
<b>Area the organisation covers</b>	Suffolk
<b>Suffolk Local Offer record</b>	
<b>Contact Details:</b>	Text 07507 333356 for confidential health advice from a school nurse (available Mon-Fri 9.30am to 4.30pm).

<b>Name of organisation and logo</b>	 <b>The Samaritans</b>
<b>Brief description of what the organisation does</b>	If you need someone to talk to, we listen. We won't judge or tell you what to do.
<b>Area the organisation covers</b>	UK with branches in Suffolk
<b>Website</b>	<a href="http://www.samaritans.org">www.samaritans.org</a>
<b>Suffolk Local Offer record</b>	
<b>Contact Details:</b>	116 123 lines open 24 hours a day
<b>Facebook Page</b>	<a href="https://www.facebook.com/samaritanscharity/">https://www.facebook.com/samaritanscharity/</a>

<b>Name of organisation and logo</b>	 <b>YoungMinds Parents Helpline</b>
<b>Brief description of what the organisation does</b>	If you are a parent needing help, you can contact the YoungMinds Parent Helpline
<b>Area the organisation covers</b>	UK
<b>Website</b>	<a href="https://youngminds.org.uk/find-help/for-parents/parents-helpline/">https://youngminds.org.uk/find-help/for-parents/parents-helpline/</a>
<b>Suffolk Local Offer record</b>	
<b>Contact Details:</b>	0808 802 5544 (Mon-Fri from 9:30am to 4pm)
<b>Facebook Page</b>	<a href="https://www.facebook.com/youngmindsuk/">https://www.facebook.com/youngmindsuk/</a>

## Helplines – for young people

<b>Name of organisation and logo</b>	 <b>The Mix</b>
<b>Brief description of what the organisation does</b>	The Mix is a UK based charity that provides free, confidential support for young people under 25 via online, social and mobile.  “The Mix is the UK’s leading support service for young people. We are here to help you take on any challenge you’re facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via online, social or our free, confidential helpline.”
<b>Area the organisation covers</b>	UK
<b>Website</b>	<a href="https://www.themix.org.uk/">https://www.themix.org.uk/</a>
<b>Suffolk Local Offer record</b>	
<b>Contact Details:</b>	0808 808 4994
<b>Facebook Page</b>	<a href="https://www.facebook.com/TheMixUK">https://www.facebook.com/TheMixUK</a>

<b>Name of organisation and logo</b>	 <b>Young Minds Crisis Messenger Service</b>
<b>Brief description of what the organisation does</b>	If you are a young person experiencing a mental health crisis, you can text the YoungMinds Crisis Messenger for free, 24/7 support.  The YoungMinds crisis messenger service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to <a href="https://www.themix.org.uk/85258">85258</a> .  We aim to connect every texter to a trained volunteer in less than 5 minutes to provide support in a crisis. They will listen to you and help you think through how you’re feeling, and will aim to help you take the next steps towards feeling better.  Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.  This service is powered by our trusted partner, Crisis Text Line.
<b>Area the organisation covers</b>	UK
<b>Website</b>	<a href="https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/">https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/</a>
<b>Suffolk Local Offer record</b>	
<b>Contact Details:</b>	Text YM to <a href="https://www.themix.org.uk/85258">85258</a>
<b>Facebook Page</b>	<a href="https://www.facebook.com/youngmindsuk/">https://www.facebook.com/youngmindsuk/</a>

## Online Resources – for parents and carers

### General

<b>Name of organisation and logo</b>	<b>Contact for families with disabled children</b>
<b>Brief description of what the organisation does</b>	We support families with the best possible guidance and information. We bring families together to support each other. And we help families to campaign, volunteer and fundraise to improve life for themselves and others.
<b>Area the organisation covers</b>	UK
<b>Website</b>	<a href="https://contact.org.uk/">https://contact.org.uk/</a>
<b>Suffolk Local Offer record</b>	
<b>Contact Details:</b>	
<b>Facebook Page</b>	

<b>Name of organisation and logo</b>	<b>Disability Rights UK</b>
<b>Brief description of what the organisation does</b>	Disability Rights UK prides itself on its high quality information provision developed by and for disabled people. Our factsheets cover appeals, benefits, education, equality, hate crime reporting, independent living and personal budgets. We have a Disability Rights Handbook for advisers. Disability Rights UK also maintains benefit rates and changes which may affect your resources.
<b>Area the organisation covers</b>	UK
<b>Website</b>	<a href="https://www.disabilityrightsuk.org/how-we-can-help/benefits-information/factsheets">https://www.disabilityrightsuk.org/how-we-can-help/benefits-information/factsheets</a>
<b>Suffolk Local Offer record</b>	
<b>Contact Details:</b>	0330 995 0400
<b>Facebook Page</b>	<a href="https://www.facebook.com/disabilityrightsuk/">https://www.facebook.com/disabilityrightsuk/</a>

<b>Name of organisation and logo</b>	<b>Emotional Wellbeing Gateway</b>
<b>Brief description of what the organisation does</b>	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 looking for emotional wellbeing information and advice, or to make a referral to access mental health services in Suffolk.
<b>Area the organisation covers</b>	Suffolk
<b>Website</b>	<a href="http://www.emotionalwellbeinggateway.org.uk">www.emotionalwellbeinggateway.org.uk</a>

<b>Suffolk Local Offer record</b>	
<b>Name of organisation and logo</b>	<b>Foundation for People with Learning Disabilities</b>
<b>Brief description of what the organisation does</b>	We believe that people with learning disabilities should have the same rights and the same choices as everyone else in society. We provide legal information and general advice on mental health related law covering mental health, mental capacity, community care and human rights and discrimination/equality related to mental health issues.
<b>Area the organisation covers</b>	UK
<b>Website</b>	<a href="http://www.mentalhealth.org.uk/learning-disabilities">www.mentalhealth.org.uk/learning-disabilities</a>
<b>Suffolk Local Offer record</b>	
<b>Contact Details:</b>	
<b>Facebook Page</b>	

<b>Name of organisation and logo</b>	 <b>MindEd for Families</b>	<b>MindEd for Families</b>
<b>Brief description of what the organisation does</b>	MindEd for Families provides practical and evidenced-based advice and guidance to help you support your child. Parents have worked with mental health practitioners and <a href="#">NHS England</a> to develop the information on their website	
<b>Area the organisation covers</b>	UK	
<b>Website</b>	<a href="http://www.minded.org.uk/families">www.minded.org.uk/families</a>	
<b>Suffolk Local Offer record</b>		

 <b>Name of organisation and logo</b>	<b>Royal College of Psychiatrists</b>
<b>Brief description of what the organisation does</b>	<p>This section contains information for young people, parents and carers, about young people's mental health.</p> <p>It is written by psychiatrists and young people working together. We hope you find it useful.</p> <p>We believe everyone needs to make informed decisions about their health, and aim to produce information which is evidence-based, accessible and up to date.</p>

	<p>Alcohol and drugs what parents need to know </p> <p>Autism and Asperger's syndrome: for parents and carers </p> <p>Bipolar affective disorder for parents and carers </p> <p>Child abuse and neglect - the emotional impact on children and adolescents for parents and carers </p> <p>Chronic Fatigue Syndrome (CFS) - helping your child get better </p> <p>Dealing with tantrums: for parents and carers </p> <p>Depression in young people - helping children to cope: for parents and carers </p> <p>Domestic violence and abuse - its effects on children: the impact on children and adolescents: for parents and carers </p> <p>Good parenting: for parents and carers </p> <p>Obsessive Compulsive Disorder in children and young people: for parents and carers </p> <p>Psychosis: for parents and carers </p> <p>Self-harm in young people: for parents and carers </p> <p>Specific learning disabilities: for parents and carers </p> <p>The child with general learning disability: for parents and carers </p> <p>The restless and excitable child: for parents and carers </p> <p>Who is who in CAMHS?: for parents, teachers, young people and carers </p> <p>Attention-deficit hyperactivity disorder and hyperkinetic disorder: for parents and carers </p> <p>Behavioural problems and conduct disorder: for parents and carers </p> <p>Bipolar disorder information for young people </p> <p>Children who soil or wet themselves: for parents and carers </p> <p>Chronic physical illnesses - the effects on mental health: for parents and carers </p> <p>Death in the family - helping children to cope: the impact on children and adolescents: for parents and carers </p> <p>Divorce or separation of parents - the impact on children and adolescents: for parents and carers </p> <p>Eating disorders in young people: for parents and carers </p> <p>Moving on from child and adolescent mental health services (CAMHS): The transition </p> <p>Parental mental illness: the impact on children and adolescents: for parents and carers </p> <p>Schizophrenia: for parents and carers </p> <p>Sleep problems in childhood and adolescence: for parents and carers </p> <p>Surviving adolescence: for parents and carers </p> <p>The emotional cost of bullying: for parents and carers </p> <p>Traumatic stress in children: for parents and carers </p> <p>Worries and anxieties - helping children to cope: for parents and carers </p>
<b>Area the organisation covers</b>	UK
<b>Website</b>	<a href="https://www.rcpsych.ac.uk/mental-health/parents-and-young-people">https://www.rcpsych.ac.uk/mental-health/parents-and-young-people</a>
<b>Suffolk Local Offer record</b>	
<b>Contact Details:</b>	
<b>Facebook Page</b>	<a href="https://www.facebook.com/RCPsych/">https://www.facebook.com/RCPsych/</a>

<b>Name of organisation and logo</b> 	<b>SENDirect</b>
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<b>Brief description of what the organisation does</b>	<p>SENDirect is a service run by Contact, the charity for families with disabled children.</p> <p>SENDirect is here to help you find and compare accessible services and activities to meet the needs of your child.</p> <p>As well searching for local support, you can review and share recommendations, and find out what services have benefited other families with disabled children.</p>
<b>Area the organisation covers</b>	UK
<b>Website</b>	<a href="https://www.sendirect.org.uk/">https://www.sendirect.org.uk/</a>
<b>Suffolk Local Offer record</b>	

<b>Name of organisation and logo</b>	<b>YoungMinds</b>
<b>Brief description of what the organisation does</b>	<p>Worried about a child or young person's behaviour or mental health? You're not alone.</p> <p>Parents Survival Guide <a href="https://youngminds.org.uk/find-help/for-parents/parents-survival-guide/">https://youngminds.org.uk/find-help/for-parents/parents-survival-guide/</a></p> <p>The #Take20 Parents' Hub Talking to your child about how they're feeling can be hard. By taking 20 minutes with them to do an activity you'll both enjoy, you'll create a relaxed space to start that conversation. Here are lots of fun activity ideas, conversation starters and handy tips, advice and resources to make talking easier. <a href="https://youngminds.org.uk/take20/">https://youngminds.org.uk/take20/</a></p> <p>Parents Guide To Support A-Z Our A-Z gives you advice on how to help your child with specific mental health conditions, and life events which might be negatively affecting their wellbeing. We'll also show you where you can get help. <a href="https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/">https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/</a></p> <p>Parents Lounge Our Parents Helpline experts give their advice and tips on a range of topics chosen by you, from how to have difficult conversations with your child, to managing anxiety in children. <a href="https://youngminds.org.uk/find-help/for-parents/parents-lounge/">https://youngminds.org.uk/find-help/for-parents/parents-lounge/</a></p>
<b>Area the organisation covers</b>	UK
<b>Website</b>	<a href="https://youngminds.org.uk/find-help/for-parents/">https://youngminds.org.uk/find-help/for-parents/</a>
<b>Suffolk Local Offer record</b>	
<b>Contact Details:</b>	Call the Parents Helpline: 0808 802 5544 (Monday to Friday 9.30am – 4pm, free for mobiles and landlines)
<b>Facebook Page</b>	

## Eating Disorders

<b>Name of organisation and logo</b>	<b>BEAT</b>
<b>Brief description of what the organisation does</b>	<p>Beat is the UK's eating disorder charity. We began life in 1989 as the first national charity for people with eating disorders because of a merger of two local charities. Called the Eating Disorders Association, we have grown and developed over time to become Beat.</p> <p>Downloadable resources include a Carers Booklet, Caring for someone with an eating disorders (for under 18s) and a Tips poster  <a href="https://helpfinder.beateatingdisorders.org.uk/downloadable-resources">https://helpfinder.beateatingdisorders.org.uk/downloadable-resources</a></p>
<b>Area the organisation covers</b>	UK
<b>Website</b>	<a href="https://www.beateatingdisorders.org.uk/">https://www.beateatingdisorders.org.uk/</a>
<b>Suffolk Local Offer record</b>	
<b>Contact Details:</b>	<p>Adult Helpline: 0808 801 0677            Studentline: 0808 801 0811            Youthline: 0808 801 0711</p> <p>Our Helplines are open 365 days a year from 12pm – 8pm during the week, and 4pm – 8pm on weekends and bank holidays.</p> <p>Sometimes our lines are busy. If you can't get through immediately, please do try again or try our one-to-one web chat  <a href="https://www.beateatingdisorders.org.uk/support-services/helplines/one-to-one">https://www.beateatingdisorders.org.uk/support-services/helplines/one-to-one</a></p>
<b>Facebook Page</b>	<a href="https://www.facebook.com/beat.eating.disorders/">https://www.facebook.com/beat.eating.disorders/</a>

## Other Resources

**Boys and eating disorders – top tips for parents.** BBC Radio 4 Woman's Hour. It's not unusual to hear about girls and women who suffer from an eating disorder, whether it be anorexia or bulimia. It's rare to hear about a boy or a man, but the number receiving treatment has doubled in recent years. The number of boys going to hospital in England, Scotland and Wales increased from 235 in 2010 to 466 in 2018, according to statistics from NHS Digital. So what should parents do if they suspect a problem and where can they get help? Samuel Pollen, who became anorexic when he was 12 and has written a book about teenagers with anorexia, discussed this on Woman's Hour parenting podcast. He was joined by Professor Sandeep Ranote, a Consultant Child and Adolescent Psychiatrist at North West Boroughs Healthcare NHS Foundation Trust. Here are their 14 tips for parents.

<https://www.bbc.co.uk/programmes/articles/W3KsZDLWDp0jXXp0d9M0P/boys-and-eating-disorders-14-tips-for-parents>

**Rethink. Eating disorders have no body type!** <https://www.rethink.org/news-views/2019/02/do-eating-disorders-have-a-body-type>

## Exam Pressure

### Other Resources

**Coping with exam pressure guide:** <https://www.gov.uk/government/publications/coping-with-exam-pressure-a-guide-for-students>

**Help your child beat exam stress from the NHS** <https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-exam-stress/>

## Internet Safety

### Other Resources

**Foundation for people with learning disabilities, easy read guide for staying safe online & social media.** <https://www.mentalhealth.org.uk/learning-disabilities>

## Neurodevelopmental

<b>Name of organisation and logo</b>	<b>ASD Friendly</b>
<b>Brief description of what the organisation does</b>	<p>ASD Friendly is run by parents for parents, we are a close-knit community of parents and carers of people with Autism and Asperger's Syndrome. Established in April 2003, ASD Friendly brings us together to share tips, vent frustrations and generally have a laugh about things that other people would never understand. We know that caring for a disabled child is difficult and rewarding; it's good to know that we don't need to do it all alone.</p> <p>Our website offers support to parents and carers through Live forum chat events. Drop in and say hello on our <a href="#">friendly forums</a>. The best part about our friendly forums is being able to make firm friends with people who really do know what it's like - before you know it, you'll be gossiping in the chatroom and meeting up in real life!</p>
<b>Area the organisation covers</b>	Suffolk – online support
<b>Website</b>	<a href="http://www.asdfriendly.org">http://www.asdfriendly.org</a>
<b>Suffolk Local Offer record</b>	<a href="http://infolink.suffolk.gov.uk/kb5/suffolk/infolink/organisation.page?id=bhIIUFSv1gw">http://infolink.suffolk.gov.uk/kb5/suffolk/infolink/organisation.page?id=bhIIUFSv1gw</a>
<b>Contact Details</b>	<a href="mailto:administrator@asdfriendly.org">administrator@asdfriendly.org</a>

<b>Name of organisation and logo</b> 	<b>Autism Independent UK</b>
<b>Brief description of what the organisation does</b>	<p>Autism Independent UK helps to increase awareness of autism to the notice of all, together with well established and newly developed approaches in the diagnosis, assessment, education and treatment.</p> <p>The main goal is to improve the quality of life for persons with Autism, giving them a chance to take their rightful place within their local community where they can live, work and play.</p>
<b>Area the organisation covers</b>	UK
<b>Website</b>	<a href="https://www.autismuk.com/">https://www.autismuk.com/</a>
<b>Suffolk Local Offer record</b>	<a href="https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/service.page?id=cGwavhrwVvU">https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/service.page?id=cGwavhrwVvU</a>
<b>Contact Details:</b>	01536 523274 <a href="mailto:autism@autismuk.com">autism@autismuk.com</a> 199-205 Blandford Avenue, Kettering, Northants, NN16 9AT
<b>Facebook Page</b>	<a href="https://www.facebook.com/Autism-independent-uk-195118277178013">https://www.facebook.com/Autism-independent-uk-195118277178013</a>

## Other Resources

**Aspergers.** Can I tell you about Aspergers? A Guide for Friends, Family and Professionals.  
<https://www.jkp.com/uk/can-i-tell-you-about-asperger-syndrome-2.html>

**The JAM Card.** The JAM card was originally designed for people with autism and learning difficulties; however it is adaptable to a much wider group of people. As a better understanding is developed by local businesses, the JAM card will become a very useful tool for many varied groups: any individual who has acute or chronic cognitive difficulties. The great thing is that ‘JAM Card’ provide training to shops, bus companies and other community services on how to best support the different groups of people that need it. A cost is involved for the training... but no money is exchanged for people to simply be aware that this exists and to treat a person with compassion and empathy, should they be in possession of a JAM card. Our aim is to set the path forward and we would like other groups/departments to help us achieve what we have set out to do. More information can be found at <https://jamcard.org/>. Please use the #JAMCard on social media and help promote awareness in your area!”

## Self Harm

<b>Name of organisation and logo</b> 	Suffolk Parent Carer Network
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<b>Brief description of what the organisation does</b>	<p>Suffolk Parent Carer Network (SPCN) is a group of parents and carers of children with additional needs and/or disabilities who work with education, health and care services to make sure the services they plan and deliver are fit for purpose and meet the needs of children, young people and their families across Suffolk.</p> <p>We Aim To:</p> <ul style="list-style-type: none"> <li>• be a collective voice for as many families as possible by providing a forum for views in order to develop services</li> <li>• be supportive and accessible to all families</li> <li>• enable children and young people with additional needs and/or disabilities and their families to lead full lives, through seeking to improve services, and by providing informal support</li> <li>• work in partnership with those who provide services</li> <li>• encourage and promote inclusive attitudes and practice</li> <li>• promote disability equality and challenge discrimination</li> <li>• provide examples of good practice</li> </ul>
<b>Area the organisation covers</b>	Suffolk
<b>Website</b>	<a href="http://www.spcn.org.uk">www.spcn.org.uk</a>
<b>Suffolk Local Offer record</b>	<a href="https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/service.page?id=nzD67mnuupA">https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/service.page?id=nzD67mnuupA</a>
<b>Contact Details</b>	<a href="mailto:admin@spcn.org.uk">admin@spcn.org.uk</a> 07341 126455
<b>Facebook Page</b>	<a href="http://www.facebook.com/suffolkpcn/">www.facebook.com/suffolkpcn/</a>

## Other Resources

### **Can I tell you about self harm? A Guide for Friends, Family and Professionals**

<https://www.jkp.com/uk/can-i-tell-you-about-self-harm-1.html>

**Papyrus.** Papyrus have put together some advice for any young person who may be self-harming, or anyone worried about someone who is self-harming. <https://papyrus-uk.org/self-injury-awareness-day/>

## Sleep

<b>Name of organisation and logo</b>	<b>Kids Health - Nightmares</b>
<b>Brief description of what the organisation does</b>	Even toddlers may speak about having dreams — pleasant ones and scary ones. Almost every child has an occasional frightening or upsetting dream. But nightmares seem to peak during the preschool years when fear of the dark is common.
<b>Area the organisation covers</b>	UK
<b>Website</b>	<a href="https://kidshealth.org/en/parents/nightmare.html">https://kidshealth.org/en/parents/nightmare.html</a>
<b>Suffolk Local Offer record</b>	

<b>Name of organisation and logo</b>	Mind – How to Cope with Sleep Problems
<b>Brief description of what the organisation does</b>	There's a close relationship between sleep and mental health. Living with a mental health problem can affect how well you sleep, and poor sleep can have a negative impact on your mental health.
<b>Area the organisation covers</b>	UK
<b>Website</b>	<a href="https://www.mind.org.uk/information-support/types-of-mental-health-problems/sleep-problems/#.XKsZmndFzD5">https://www.mind.org.uk/information-support/types-of-mental-health-problems/sleep-problems/#.XKsZmndFzD5</a>
<b>Suffolk Local Offer record</b>	
<b>Contact Details:</b>	Our lines are open 9am to 6pm, Monday to Friday (except for bank holidays). 0300 123 3393 <a href="mailto:info@mind.org.uk">info@mind.org.uk</a> Text: 86463
<b>Facebook Page</b>	<a href="https://www.facebook.com/mindforbettermentalhealth">https://www.facebook.com/mindforbettermentalhealth</a>

<b>Name of organisation and logo</b>	<b>Night Terrors – Suffolk Infolink</b>
<b>Brief description of what the organisation does</b>	Many children experience nightmares and night terrors, but most grow out of them. They don't cause any long-term psychological harm to your child.  Night terrors are very different from nightmares.
<b>Area the organisation covers</b>	Suffolk
<b>Suffolk Local Offer record</b>	<a href="https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/advice.page?id=rV03f4cRciM">https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/advice.page?id=rV03f4cRciM</a>

<b>Name of organisation and logo</b>	<b>NHS Choices – Healthy sleep tips for children (also a section on teenagers)</b>
<b>Brief description of what the organisation does</b>	Good sleep is important for your child's physical and mental wellbeing.  A relaxing bedtime routine is one important way to help your child get a good night's sleep.
<b>Area the organisation covers</b>	UK
<b>Website</b>	<a href="https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/">https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/</a>
<b>Suffolk Local Offer record</b>	

## Suicide

<b>Name of organisation and logo</b>	<b>AMPARO Suffolk</b>
	
<b>Brief description of what the organisation does</b>	The AMPARO service, operated by Listening Ear, works in close partnership with the police, coroner service and other partners

	<p>to offer support following notification of a suspected suicide, including 1-2-1 individual support, practical help and signposting to local services that can help.</p> <p>AMPARO SUFFOLK can offer support following a suicide in a range of ways, including:</p> <ul style="list-style-type: none"> <li>• One to one individual support</li> <li>• Help with any media enquiries</li> <li>• Practical support when dealing with the Police or Coroner</li> <li>• Help overcoming feelings of isolation</li> <li>• Putting you in touch with local services that can help</li> </ul> <p>AMPARO means 'shelter' or 'safe haven' in the Spanish language and offers a discreet and completely confidential service. AMPARO SUFFOLK can also support communities, schools and workplaces in the event of a suspected or actual suicide.</p>
<b>Area the organisation covers</b>	Suffolk
<b>Website</b>	<a href="https://www.listening-ear.co.uk/pages/faqs/category/amparo">https://www.listening-ear.co.uk/pages/faqs/category/amparo</a>
<b>Suffolk Local Offer record</b>	
<b>Contact Details:</b>	Contact 0330 088 9255 or email <a href="mailto:amparo.service@listening-ear.co.uk">amparo.service@listening-ear.co.uk</a>
<b>Facebook Page</b>	<a href="https://www.facebook.com/Listening-Ear-958698844304592">https://www.facebook.com/Listening-Ear-958698844304592</a>

<p><b>Name of organisation and logo</b></p> 	<p><b>PAPYRUS</b></p>
<p><b>Brief description of what the organisation does</b></p>	<p>PAPYRUS is the national charity dedicated to the prevention of young suicide.</p> <p>We exist to reduce the number of young people who take their own lives by shattering the stigma around suicide and equipping young people and their communities with the skills to recognise and respond to suicidal behaviour.</p> <p><b>HOPELINEUK</b> advisers want to work with you to understand why these thoughts of suicide might be present. They also want to provide you with a safe space to talk through anything happening in your life that could be impacting on your or anyone else's ability to stay safe.</p> <ul style="list-style-type: none"> <li>• <b>For children</b> and young people under the age of 35 who are experiencing thoughts of suicide</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>For anyone</b> concerned that a young person could be thinking about suicide</li> </ul>
<b>Area the organisation covers</b>	UK
<b>Website</b>	<a href="https://papyrus-uk.org/">https://papyrus-uk.org/</a>
<b>Suffolk Local Offer record</b>	
<b>Contact Details:</b>	<p>If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice.</p> <p>Call: <a href="tel:08000684141">0800 068 4141</a>  Text: <a href="tel:07786209697">07786209697</a> or  Email: <a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a>  Opening hours:  10am – 10pm weekdays 2pm – 10pm weekends 2pm – 10pm bank holidays  Our Suicide Prevention Advisers are ready to support you.</p>
<b>Facebook Page</b>	<a href="https://www.facebook.com/PAPYRUSUK">https://www.facebook.com/PAPYRUSUK</a>

<b>Name of organisation and logo</b>		<b>The Samaritans</b>
<b>Brief description of what the organisation does</b>	If you need someone to talk to, we listen. We won't judge or tell you what to do.	
<b>Area the organisation covers</b>	UK with branches in Suffolk	
<b>Website</b>	<a href="http://www.samaritans.org">www.samaritans.org</a>	
<b>Suffolk Local Offer record</b>		
<b>Contact Details:</b>	116 123 lines open 24 hours a day	
<b>Facebook Page</b>	<a href="https://www.facebook.com/samaritanscharity/">https://www.facebook.com/samaritanscharity/</a>	

## Other Resources

**NHS Health Education England and Public Health England** ‘We need to talk about suicide’ by NHS Health Education England and PHE (takes around 90 minutes to complete and has scenarios acted out and offer guidance on how to respond)

<http://www.nwyhelearning.nhs.uk/elearning/HEE/SuicidePrevention/>

### Zero Suicide Alliance

- <https://www.zerosuicidealliance.com/media/1094/zsa-are-you-having-suicidal-thoughts-booklet.pdf>
- <https://www.zerosuicidealliance.com/media/1095/zsa-talking-to-someone-who-might-be-suicidal-booklet.pdf>

## Online Resources – for young people

<b>Name of organisation and logo</b> 	<b>4YP</b>
<b>Brief description of what the organisation does</b>	<p><b>Live online 1-to-1 chat support</b>  <b>4YP's Young People's Workers will be online 5-7pm each Wednesday &amp; Thursday.</b></p> <p>Our Young People's Workers are professionals, trained in providing quality information and advice for young people - they are the experts, and you can ask them anything! Aged 12-25? Chat with them confidentially about what's on your mind from wherever you are in Suffolk and they will offer personalised information and advice.</p> <p><b>To get started, simply click 'Chat live with us' in the bottom right corner of any page on the 4YP website.</b></p>
<b>Area the organisation covers</b>	Suffolk
<b>Website</b>	<a href="https://www.4yp.org.uk/">https://www.4yp.org.uk/</a>
<b>Suffolk Local Offer record</b>	<a href="http://infolink.suffolk.gov.uk/kb5/suffolk/infolink/organisation.page?id=13fDDPluhY8">http://infolink.suffolk.gov.uk/kb5/suffolk/infolink/organisation.page?id=13fDDPluhY8</a>
<b>Contact Details:</b>	
<b>Facebook Page</b>	<a href="https://www.facebook.com/suffolk4yp/">https://www.facebook.com/suffolk4yp/</a>

<b>Name of organisation and logo</b> 	<b>ChatHealth Text Service</b>
<b>Brief description of what the organisation does</b>	<p>Aged 11-19? You can now text your school nurse on <b>07507 333356</b>. ChatHealth is a new service for you to text a Suffolk school nurse to ask for confidential help and advice on all kinds of health issues.</p> <p>Including:</p> <ul style="list-style-type: none"> <li>• Sexual health</li> <li>• Emotional health and wellbeing</li> <li>• Bullying</li> <li>• Healthy eating</li> <li>• Smoking, drugs and alcohol</li> <li>• Self harm</li> <li>• General health           to make an appointment with your school nurse, or you can still get in touch with them in the same way you have done before.</li> </ul> <p>The service is available <b>Monday to Friday from 9am to 4.30pm</b>, excluding bank holidays.</p> <p>If you text the number out of hours, you'll get a 'bounce-back' message that explains where to get help, and a school nurse will get back to you the next working day.</p>

	Look out for more information about ChatHealth around your school or college to find out more.
<b>Area the organisation covers</b>	Suffolk
<b>Suffolk Local Offer record</b>	
<b>Contact Details:</b>	Text 07507 333356 for confidential health advice from a school nurse (available Mon-Fri 9.30am to 4.30pm).
<b>Facebook Page</b>	

<b>Name of organisation and logo</b>		<b>The Source website</b>
<b>Brief description of what the organisation does</b>		Advice and local services for young people in Suffolk
<b>Area the organisation covers</b>		Suffolk
<b>Website</b>		<a href="http://www.thesource.me.uk">www.thesource.me.uk</a>
<b>Suffolk Local Offer record</b>		
<b>Facebook Page</b>		<a href="https://www.facebook.com/thesourcewebsite/">https://www.facebook.com/thesourcewebsite/</a>

## Face-to-Face Support and Services – for parents and carers

<b>Name of organisation and logo</b>	<b>Acorns Children's Centre - Stowmarket</b>
<b>Brief description of what the organisation does</b>	Health and Children's Centres are places where families with young children under 5 can go to access a range of activities and support services, in a location that is handy for them.  To access any Health and Children's Centre service, simply register online at: <a href="http://www.suffolk.gov.uk/childrenscentres">www.suffolk.gov.uk/childrenscentres</a> and drop-in to your local centre.
<b>Area the organisation covers</b>	Stowmarket North and Stowupland Stowmarket
<b>Website</b>	<a href="http://www.suffolk.gov.uk/childrenscentres">http://www.suffolk.gov.uk/childrenscentres</a>
<b>Suffolk Local Offer record</b>	<a href="http://infolink.suffolk.gov.uk/kb5/suffolk/infolink/organisation.page?id=rAS8ZujsRK8">http://infolink.suffolk.gov.uk/kb5/suffolk/infolink/organisation.page?id=rAS8ZujsRK8</a>
<b>Contact Details:</b>	Tracey Baldry Manager 01449 776063 or Suffolk Family Information Service on 0345 60 800 33 <a href="mailto:acorns@suffolk.gov.uk">acorns@suffolk.gov.uk</a> Acorns Children's Centre, Violet Hill Health Centre, Violet Hill Road, Stowmarket, Suffolk, IP14 1NL
<b>Facebook Page</b>	<a href="https://www.facebook.com/Robins-Acorns-and-Sunshine-Childrens-Centres-1337961779596986/">https://www.facebook.com/Robins-Acorns-and-Sunshine-Childrens-Centres-1337961779596986/</a>

<b>Name of organisation and logo</b>	<b>Al-Anon Family Groups UK and Eire</b>
<b>Brief description of what the organisation does</b>	Al-Anon offers understanding and support to the families and friends of problem drinkers, whether the alcoholic is still drinking or not.  Alateen, part of Al-Anon, is for young people aged 12-17 who have been affected by someone else's drinking, usually that of a parent. Only first names are used at meetings and everything that is said is held in confidence.
<b>Area the organisation covers</b>	Suffolk
<b>Website</b>	<a href="http://www.al-anonuk.org.uk">http://www.al-anonuk.org.uk</a>
<b>Suffolk Local Offer record</b>	<a href="http://infolink.suffolk.gov.uk/kb5/suffolk/infolink/organisation.page?id=3IOPCTyQXoU">http://infolink.suffolk.gov.uk/kb5/suffolk/infolink/organisation.page?id=3IOPCTyQXoU</a>
<b>Contact Details:</b>	Al-Anon Family Groups <a href="mailto:enquiries@al-anonuk.org.uk">enquiries@al-anonuk.org.uk</a> Confidential Helpline (0207 403 0888): open 10am-10pm daily.
<b>Facebook Page</b>	<a href="https://www.facebook.com/AlAnonFamilyGroupsUK">https://www.facebook.com/AlAnonFamilyGroupsUK</a>

<b>Name of organisation and logo</b>	 <b>Asperger East Anglia</b>
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<b>Brief description of what the organisation does</b>	Asperger East Anglia offers personal, friendly assistance for everyone with Asperger syndrome and their families by providing a comprehensive and integrated service. Where there is a gap in provision we aim to work in partnership to help fill it. We can also provide information on Asperger syndrome to professionals in the education, social care and health sectors.
<b>Area the organisation covers</b>	Suffolk
<b>Website</b>	<a href="http://www.asperger.org.uk/">http://www.asperger.org.uk/</a>
<b>Suffolk Local Offer record</b>	<a href="http://infolink.suffolk.gov.uk/kb5/suffolk/infolink/organisation.page?id=15_XEpuem_I">http://infolink.suffolk.gov.uk/kb5/suffolk/infolink/organisation.page?id=15_XEpuem_I</a>
<b>Contact Details</b>	Martin Howe Social Media Co-ordinator Telephone 07465 254365 or 01502 715500 Email <a href="mailto:m.howe@asperger.org.uk">m.howe@asperger.org.uk</a> or <a href="mailto:info@asperger.org.uk">info@asperger.org.uk</a>
<b>Facebook Page</b>	<a href="http://www.asperger.org.uk/">http://www.asperger.org.uk/</a>

<b>Name of organisation and logo</b>	<b>Asser Assessments</b>
<b>Brief description of what the organisation does</b>	Educational assessments for dyslexia all ages. Form 8 completion for exam access arrangements Post sixteen Educational assessments for dyslexia , dyspraxia. Creation, delivery and assessment of bespoke learning programmes for those with SpLDs as well as excluded students and students unable to attend mainstream education due to social and emotional difficulties
<b>Area the organisation covers</b>	Saxmundham, Haverhill, Ipswich, South Ipswich, Aldeburgh, Hadleigh, Halesworth, Stowmarket, Southwold, Kesgrave, Suffolk Coastal, Mid Suffolk, Leiston, East Ipswich, Framlingham, Wickham Market, North Ipswich, Woodbridge, Glemsford, Felixstowe, Needham Market, West Ipswich
<b>Website</b>	
<b>Suffolk Local Offer record</b>	
<b>Contact Details</b>	Lisa Fieldsend Owner /educator 07519131795 <a href="mailto:asserassess@gmail.com">asserassess@gmail.com</a> Shepherds Cottage, Boyton Road, Hollesley, Woodbridge, Suffolk, IP12 3LD

<b>Name of organisation and logo</b>		<b>Autism &amp; ADHD</b>
<b>Brief description of what the organisation does</b>		Providing life span support and intervention for all those living and working with Autism and ADHD both pre and post diagnosis

	<p>Autism &amp; ADHD is a Social Enterprise based in the heart of Suffolk.</p> <p>We offer support to individuals and families who live &amp; work with Autism, ADHD and other mental health issues on a daily basis. We work with all age groups, from children to adults and we do not require a diagnosis for us to work with you. We provide 1:1 meetings in Ipswich, however if you are unable to come into have a face to face meetings we can offer appointments via SKYPE, Facetime or telephone calls.</p>
<b>Area the organisation covers</b>	East Anglia
<b>Website</b>	<a href="http://www.Autismandadhd.org">http://www.Autismandadhd.org</a>
<b>Suffolk Local Offer record</b>	<a href="https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/service.page?id=oqLeSLYaYic">https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/service.page?id=oqLeSLYaYic</a>
<b>Contact Details</b>	<p>Sarah Catherall Client Manager 01473 557550</p> <p><a href="mailto:Info@AutismAndADHD.org">Info@AutismAndADHD.org</a> 44 Felaw Street, Ipswich, Suffolk, IP2 8SJ</p>
<b>Facebook Page</b>	<a href="https://www.facebook.com/AutismAndADHD1/">https://www.facebook.com/AutismAndADHD1/</a>

<p><b>Name of organisation and logo</b></p> 	<b>Autism Anglia</b>
<b>Brief description of what the organisation does</b>	<p>Autism Anglia provides education, care and support for people with autism and their families.</p> <p>Our Family Support team provide advice and support free of charge to families affected by autism, including help with obtaining diagnoses, statements of special educational needs, obtaining disability living allowance and advice with regard to behavioural management. This service is entirely donations funded and so at busy times please bear in mind there may be a waiting list.</p>
<b>Area the organisation covers</b>	Suffolk
<b>Website</b>	<a href="https://www.autism-anglia.org.uk/">https://www.autism-anglia.org.uk/</a>
<b>Suffolk Local Offer record</b>	<a href="http://infolink.suffolk.gov.uk/kb5/suffolk/infolink/organisation.page?id=LZPA9O4w3mc">http://infolink.suffolk.gov.uk/kb5/suffolk/infolink/organisation.page?id=LZPA9O4w3mc</a>
<b>Contact Details</b>	<p>01206 577678</p> <p><a href="mailto:info@autism-anglia.org.uk">info@autism-anglia.org.uk</a></p> <p>Century House, North Station Road, Colchester, Essex, CO1 1RE</p>
<b>Facebook Page</b>	<a href="https://www.facebook.com/AutismAnglia/">https://www.facebook.com/AutismAnglia/</a>

<b>Name of organisation and logo</b>	<b>Bluebells Children's Centre - Stanton</b>
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<b>Brief description of what the organisation does</b>	Health and Children's Centres are places where families with young children under 5 can go to access a range of activities and support services, in a location that is handy for them.  To access any Health and Children's Centre service, simply register online at: <a href="http://www.suffolk.gov.uk/childrenscentres">www.suffolk.gov.uk/childrenscentres</a> and drop-in to your local centre.
<b>Area the organisation covers</b>	Bury St Edmunds
<b>Website</b>	<a href="http://www.suffolk.gov.uk/childrenscentres">http://www.suffolk.gov.uk/childrenscentres</a>
<b>Suffolk Local Offer record</b>	<a href="http://infolink.suffolk.gov.uk/kb5/suffolk/infolink/organisation.page?id=mj4RgtQh8Zl">http://infolink.suffolk.gov.uk/kb5/suffolk/infolink/organisation.page?id=mj4RgtQh8Zl</a>
<b>Contact Details</b>	Debbie Frost Manager 01359 254282 OR Suffolk Family Information Service on 0345 60 800 33 <a href="mailto:bluebells@suffolk.gov.uk">bluebells@suffolk.gov.uk</a> Bluebells Children's Centre, Bury Lane, Stanton, Suffolk, IP31 2DE
<b>Facebook Page</b>	<a href="https://www.facebook.com/Bluebells-Childrens-Centre-146128435533404/?ref=ts&amp;fref=ts">https://www.facebook.com/Bluebells-Childrens-Centre-146128435533404/?ref=ts&amp;fref=ts</a>

<b>Name of organisation and logo</b>	<b>Bramfield House School, Halesworth</b>
<b>Brief description of what the organisation does</b>	A specialist provision for pupils with social, emotional, mental health, communication difficulties and associated challenging behaviours. It is an all boys establishment catering for an age range of 7-16 and is registered for 74 pupils. It is situated in rural Suffolk 10 minutes drive from the heritage coast. The residential accommodation consists of the Main House which houses up to 25 boys and Ibstock House which has 6 individual bedrooms and is the junior boarding provision. The school is less than 1 mile from the centre of the village of Bramfield. The classroom facilities are independently placed within the grounds and consist of purpose made specialist subject provisions.  This provider was Quality Assured in 2016 and is now approved as an Alternative Provision setting by Suffolk County Council's Quality Assurance and Provider Development Team
<b>Area the organisation covers</b>	Halesworth
<b>Website</b>	<a href="http://www.bramfieldhouse.co.uk">http://www.bramfieldhouse.co.uk</a>
<b>Suffolk Local Offer record</b>	<a href="https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/service.page?id=ZDJlo85ciH0">https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/service.page?id=ZDJlo85ciH0</a>
<b>Contact Details</b>	Dee Jennings Headteacher 01986 784 235 <a href="mailto:info@bramfieldhouse.co.uk">info@bramfieldhouse.co.uk</a> Walpole Road, Bramfield, Halesworth, Suffolk, IP19 9AB

<b>Name of organisation and logo</b> 	<b>Brandon Children's Centre - Brandon</b>
<b>Brief description of what the organisation does</b>	<p>Health and Children's Centres are places where families with young children under 5 can go to access a range of activities and support services, in a location that is handy for them.</p> <p>To access any Health and Children's Centre service, simply register online at: <a href="http://www.suffolk.gov.uk/childrenscentres">www.suffolk.gov.uk/childrenscentres</a> and drop-in to your local centre.</p>
<b>Area the organisation covers</b>	
<b>Website</b>	<a href="http://www.suffolk.gov.uk/childrenscentres">http://www.suffolk.gov.uk/childrenscentres</a>
<b>Suffolk Local Offer record</b>	<a href="http://infolink.suffolk.gov.uk/kb5/suffolk/infolink/organisation.page?id=9aBx8myncPQ">http://infolink.suffolk.gov.uk/kb5/suffolk/infolink/organisation.page?id=9aBx8myncPQ</a>
<b>Contact Details</b>	<p>April Archer, Support and Information Officer  01842 816 111 OR Suffolk Family Information Service on 0345 60 800 33  <a href="mailto:Brandon@suffolk.gov.uk">Brandon@suffolk.gov.uk</a>  Brandon Children's Centre, The Brandon Centre, Bury Road, Brandon, Suffolk, IP27 0BQ</p>
<b>Facebook Page</b>	<a href="https://www.facebook.com/brandonchildrenscentre/">https://www.facebook.com/brandonchildrenscentre/</a>

<b>Name of organisation and logo</b> 	<b>Creative Well-being Peer Support</b>
<b>Brief description of what the organisation does</b>	<p>We offer creative arts and crafts workshop sessions as part of social prescribing to give those with lived experience of mental health, as well as those supporting them, or friends and family, from our local art gallery. It's peer support groups overseen by a qualified psychologist and counsellor, and encourages the use of affordable items, recycling, and other mediums, to create objects that they can then either gift to others, sell or even start a small self employment home business from to give them improved self-esteem.</p>
<b>Area the organisation covers</b>	Lowestoft and Surrounding Areas but will travel if other groups wishes to use us.
<b>Suffolk Local Offer record</b>	
<b>Contact Details:</b>	07432678838
<b>Facebook Page</b>	<a href="https://www.facebook.com/lowestoftcreativewellbeing/">https://www.facebook.com/lowestoftcreativewellbeing/</a>
<b>Group 1</b>	Creative Well-being Workshops
<ul style="list-style-type: none"> <li><b>Description &amp; purpose of group</b></li> </ul>	Peer Support using arts and crafts or creative mediums to help people unlock creative thinking, improve problem solving, reduce social isolation etc

• <b>Who can attend?</b>	Anybody
• <b>What day?</b>	Thursdays
• <b>What time?</b>	9.30-11.30am
• <b>Where?</b>	Windsor Art Gallery, London Road South, Lowestoft
• <b>How often?</b>	Weekly

<b>Name of organisation and logo</b>		<b>EMPTY CUP - Social Opportunities for Parent Carers</b>
<b>Brief description of what the organisation does</b>	Social opportunities for parent carers. Events each month posted in FB group. Socialise with parents who 'get it' and have similar back stories. Reduce isolation and provide opportunities for respite. Currently members of the group must fund their own respite carers/childcare, transport and parking plus refreshments.	
<b>Area the organisation covers</b>	Suffolk (all of Suffolk but currently main cohort are mid Suffolk/Stowmarket area)	
<b>Website</b>		
<b>Suffolk Local Offer record</b>		
<b>Contact Details:</b>	Please private message the FB group	
<b>Facebook Page</b>	<a href="https://www.facebook.com/groups/2373013929586644/">https://www.facebook.com/groups/2373013929586644/</a>	
<b>Group 1</b>	EMPTY CUP Social Opportunities for Parent Carers	
• <b>Description &amp; purpose of group</b>	Reduce isolation with respite opportunities	
• <b>Who can attend?</b>	Parent-Carers of those with SEND (Special Educational Needs and Disabilities)	
• <b>What day?</b>	Varies	
• <b>What time?</b>	Varies	
• <b>Where?</b>	Varies	
• <b>How often?</b>	Roughly every fortnight	

<b>Name of organisation and logo</b>		<b>Home for Good: Suffolk</b>
<b>Brief description of what the organisation does</b>	We connect with foster carers, adopters and special guardians through events and regular connect groups hearing/responding to their frustrations and needs	

<b>Area the organisation covers</b>	The whole of Suffolk
<b>Website</b>	<a href="http://www.homeforgoodsuffolk.org.uk">www.homeforgoodsuffolk.org.uk</a>
<b>Suffolk Local Offer record</b>	
<b>Contact Details:</b>	07434 462860
<b>Facebook Page</b>	<a href="https://www.facebook.com/homeforgoodsuffolk/">https://www.facebook.com/homeforgoodsuffolk/</a>
<b>Group 1</b>	Various
<ul style="list-style-type: none"> <li>• <b>Description &amp; purpose of group</b></li> </ul>	To help network families
<ul style="list-style-type: none"> <li>• <b>Who can attend?</b></li> </ul>	Families that Foster/adopt or have special guardianship.
<ul style="list-style-type: none"> <li>• <b>What day?</b></li> </ul>	Various
<ul style="list-style-type: none"> <li>• <b>What time?</b></li> </ul>	We have daytime, evening and holiday events
<ul style="list-style-type: none"> <li>• <b>Where?</b></li> </ul>	Various
<ul style="list-style-type: none"> <li>• <b>How often?</b></li> </ul>	Various

<b>Name of organisation and logo</b>	<b>National Autistic Society – Lowestoft North Suffolk</b>
<b>Brief description of what the organisation does</b>	To support and help families who care for a person with an Autism Spectrum Disorder.
<b>Area the organisation covers</b>	Lowestoft North Suffolk
<b>Website</b>	<a href="http://www.nasbranch.org.uk/lowestoftnorthsuffolk">http://www.nasbranch.org.uk/lowestoftnorthsuffolk</a>
<b>Suffolk Local Offer record</b>	
<b>Contact Details:</b>	07798 882583 lowestoftnorthsuffolk@nas.org.uk
<b>Facebook Page</b>	<a href="https://www.facebook.com/Lowestoft-and-North-Suffolk-National-Autistic-Society-Branch-162867420402199/">https://www.facebook.com/Lowestoft-and-North-Suffolk-National-Autistic-Society-Branch-162867420402199/</a>

<b>Name of organisation and logo</b>	<b>PACT - Parents And carers together</b>
	
<b>Brief description of what the organisation does</b>	Support for parents and carers across Suffolk with mental health issues, we run monthly meetups across the county, share tools and a resource library, provide an outreach offer for those not able to make meetups, and arrange speakers and local organisations to come and talk.
<b>Area the organisation covers</b>	Whole of Suffolk
<b>Website</b>	<a href="http://www.parentsandcarerstgether.uk">www.parentsandcarerstgether.uk</a>

<b>Suffolk Local Offer record</b>	
<b>Contact Details:</b>	07856038799
<b>Facebook Page</b>	<a href="http://www.facebook.com/parentsandcarerstogether">www.facebook.com/parentsandcarerstogether</a>
<b>Group 1</b>	PACT meet-up Stowmarket
<ul style="list-style-type: none"> <li>• <b>Description &amp; purpose of group</b></li> </ul>	Support, signposting, resources and coffee
<ul style="list-style-type: none"> <li>• <b>Who can attend?</b></li> </ul>	Parents/carers of children with a MH issue (& children)
<ul style="list-style-type: none"> <li>• <b>What day?</b></li> </ul>	Monday
<ul style="list-style-type: none"> <li>• <b>What time?</b></li> </ul>	10.30-12.30
<ul style="list-style-type: none"> <li>• <b>Where?</b></li> </ul>	The Mix, Ipswich St, Stowmarket
<ul style="list-style-type: none"> <li>• <b>How often?</b></li> </ul>	1 <sup>st</sup> Monday of every month (exc. Bank hols)
<b>Group 2</b>	PACT meet-up Bury St Edmunds
<ul style="list-style-type: none"> <li>• <b>Description &amp; purpose of group</b></li> </ul>	Support for parents and carers of a child/young person with mental health issues
<ul style="list-style-type: none"> <li>• <b>Who can attend?</b></li> </ul>	Parents/carers (& children/young people)
<ul style="list-style-type: none"> <li>• <b>What day?</b></li> </ul>	Monday
<ul style="list-style-type: none"> <li>• <b>What time?</b></li> </ul>	10.30-12.30
<ul style="list-style-type: none"> <li>• <b>Where?</b></li> </ul>	Oakes Barn, St Andrews St South, Bury St Edmunds
<ul style="list-style-type: none"> <li>• <b>How often?</b></li> </ul>	3 <sup>rd</sup> Monday of every month
<b>Group 3</b>	PACT meet-up Ipswich
<ul style="list-style-type: none"> <li>• <b>Description &amp; purpose of group</b></li> </ul>	Support, resources, signposting and coffee for parents/carers of a child/young person with mental health issues
<ul style="list-style-type: none"> <li>• <b>Who can attend?</b></li> </ul>	Parents and carers (& children/young people)
<ul style="list-style-type: none"> <li>• <b>What day?</b></li> </ul>	Wednesday
<ul style="list-style-type: none"> <li>• <b>What time?</b></li> </ul>	10.30-12.30
<ul style="list-style-type: none"> <li>• <b>Where?</b></li> </ul>	La Tour Cycle, unit 7, Waterfront, Ipswich
<ul style="list-style-type: none"> <li>• <b>How often?</b></li> </ul>	3 <sup>rd</sup> Wednesday of every month

<b>Name of organisation and logo</b> 	<b>Suffolk Carers Matter</b>
<b>Brief description of what the organisation does</b>	We support unpaid carers by offering information, advice and emotional support. Our advice line is open seven days a week; people can contact us via telephone or LiveChat on our website. We also provide counselling and can offer up to eight free sessions either face to face in Bury or Ipswich or over the telephone /via Skype.

<b>Area the organisation covers</b>	The whole of Suffolk
<b>Website</b>	www.suffolkcarersmatter.org.uk
<b>Suffolk Local Offer record</b>	
<b>Contact Details:</b>	01284 333035
<b>Facebook Page</b>	@Suffolk_Carers
<b>Group 1</b>	Walking Wednesday
<ul style="list-style-type: none"> <li>• <b>Description &amp; purpose of group</b></li> </ul>	A chance to meet other carers and have some time out. One of our Carer Advisers is always there.
<ul style="list-style-type: none"> <li>• <b>Who can attend?</b></li> </ul>	Everyone
<ul style="list-style-type: none"> <li>• <b>What day?</b></li> </ul>	Wednesday
<ul style="list-style-type: none"> <li>• <b>What time?</b></li> </ul>	10am-12pm
<ul style="list-style-type: none"> <li>• <b>Where?</b></li> </ul>	Different locations around Bury St Edmunds
<ul style="list-style-type: none"> <li>• <b>How often?</b></li> </ul>	Monthly: The first Wednesday of the month

## Face-to-face groups – for children and young people

<b>Name of organisation and logo</b> 	<b>Allsorts</b>
<b>Brief description of what the organisation does</b>	Sensory discos and groups for children with or without special educational needs
<b>Area the organisation covers</b>	Lowestoft but do trips and breaks away
<b>Website</b>	<a href="http://www.allsortssupportlowestoft.org">www.allsortssupportlowestoft.org</a>
<b>Suffolk Local Offer record</b>	
<b>Contact Details:</b>	07711147188
<b>Facebook Page</b>	<a href="https://www.facebook.com/allsortssupportlowestoft/">https://www.facebook.com/allsortssupportlowestoft/</a>
<b>Group 1</b>	Mixed activities
<ul style="list-style-type: none"> <li>• <b>Description &amp; purpose of group</b></li> </ul>	Help with anxiety confidence with or without special educational needs
<ul style="list-style-type: none"> <li>• <b>Who can attend?</b></li> </ul>	Children with or without sen
<ul style="list-style-type: none"> <li>• <b>What day?</b></li> </ul>	Wednesday
<ul style="list-style-type: none"> <li>• <b>What time?</b></li> </ul>	6pm till 7.30pm
<ul style="list-style-type: none"> <li>• <b>Where?</b></li> </ul>	Church of latter day saints
<ul style="list-style-type: none"> <li>• <b>How often?</b></li> </ul>	Weekly
<b>Group 2</b>	Cooking group
<ul style="list-style-type: none"> <li>• <b>Description &amp; purpose of group</b></li> </ul>	Help children with life skills
<ul style="list-style-type: none"> <li>• <b>Who can attend?</b></li> </ul>	Children with or without special educational needs
<ul style="list-style-type: none"> <li>• <b>What day?</b></li> </ul>	Tuesday
<ul style="list-style-type: none"> <li>• <b>What time?</b></li> </ul>	4.30pm
<ul style="list-style-type: none"> <li>• <b>Where?</b></li> </ul>	Kirkley Centre, Lowestoft
<ul style="list-style-type: none"> <li>• <b>How often?</b></li> </ul>	Weekly

<b>Name of organisation and logo</b>	<b>Art in Mind - Art courses</b>
<b>Brief description of what the organisation does</b>	<p>Art in Mind is an arts in mental health project developed by Juliet Lockhart, Artistic Director and Practitioner for Art in Mind.</p> <p>We offer courses for anyone who would like to gain confidence through making art and who prefer to learn within a small, supportive group of people.</p> <p>All levels of experience are welcome, it is more important to have an open mind and curiosity for learning.</p>

	<p>Our courses are funded by Realise Futures and suit young people age 19 + The courses are run in small groups maximum of 3 participants.</p> <p>For details of available courses, please email or phone Juliet Lockhart 07847 894602 julietartinmind@gmail.com</p> <p style="text-align: right;">St Margarets</p> <p>and Westgate "Felixstowe</p> <p>Stowmarket</p> <p>Ipswich"</p>
<b>Area the organisation covers</b>	Ipswich, Stowmarket, Felixstowe
<b>Website</b>	<a href="http://artinmindblog.wordpress.com/">http://artinmindblog.wordpress.com/</a>
<b>Suffolk Local Offer record</b>	<a href="https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/service.page?id=OkAGZKX7F9k">https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/service.page?id=OkAGZKX7F9k</a>
<b>Contact Details</b>	For details of available courses, please email or phone Juliet Lockhart 07847 894602 julietartinmind@gmail.com

<p><b>Name of organisation and logo</b></p> 	<p><b>We Can @ The Junction</b></p>
<p><b>Brief description of what the organisation does</b></p>	<p>This is a young carers club in Stowmarket, the club is aimed at all young carers, registered or not, aged between 9 &amp; 15 and is held at The Junction in the Kingsfield centre every Monday evening between 6-8pm. The club is run by WeCan a part of Achieving Aspirations C.I.C, There is no charge to any young person wishing to attend and we also supply snacks and drinks, please contact me if you</p>
<p><b>Area the organisation covers</b></p>	Stowmarket
<p><b>Website</b></p>	
<p><b>Suffolk Local Offer record</b></p>	
<p><b>Contact Details</b></p>	<p>Cathy Walker, WeCan@TheJunction Coordinator, WeCan at The Junction, The Kingsfield Centre, Chilton Way, Stowmarket, Suffolk, IP14 1SZ</p> <p>01449 673062</p> <p>07876444338</p>
<p><b>Facebook Page</b></p>	
<p><b>Group 1</b></p>	
<ul style="list-style-type: none"> <li><b>Description &amp; purpose of group</b></li> </ul>	<p>This is a young carers club in Stowmarket, the club is aimed at all young carers, registered or not, aged between 9 &amp; 15</p>
<ul style="list-style-type: none"> <li><b>Who can attend?</b></li> </ul>	Young Carers age 9-15
<ul style="list-style-type: none"> <li><b>What day?</b></li> </ul>	Monday

• <b>What time?</b>	6-8pm
• <b>Where?</b>	The Junction, Kingsfield Centre
• <b>How often?</b>	Weekly