

# Just One Norfolk <https://www.justonenorfolk.nhs.uk>

Help and guidance with emotional, physical or mental wellbeing for children age 0-19. Trusted help from a team that you can either text or phone with your questions and concerns.

- Create an account where you can save helpful resources and have all your child's information in one place.
- Common seasonal childhood illnesses information hub.
- Weekly online health drop-ins every Tuesday 10-11am where you can speak to a health professional.

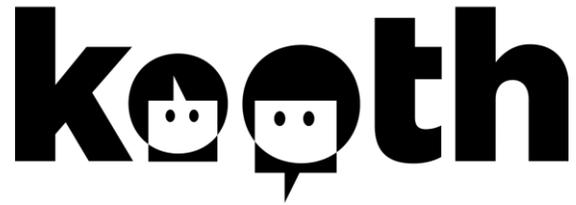
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# The Parent Hub

[www.suffolk.gov.uk/parent-hub](http://www.suffolk.gov.uk/parent-hub)

A single place for parents and carers to find support and parenting advice for their child's development

- Local services and advice for childcare resources, mental health and staying in learning until they're 18.
- Suffolk Family service offering free advice on family services for 0-19 year olds.
- Advice on protecting a child from abuse, healthy living and dealing with behaviour.



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**Kooth** <https://www.kooth.com>

Online mental wellbeing community for young people aged 11–25 that offers free, safe and anonymous online counselling advice and emotional wellbeing support for when they're not feeling their best.

- Accessible formats for support, such as Kooth chat and messenger services. Always someone on hand to help and understand.
- Join by selecting location and the year they were born to create an account.
- Get help from a crisis service if issues are urgent.



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## Chathealth <https://chathealth.nhs.uk>

For young people aged 11-19. Text for anonymous and impartial advice from a trained health professional in the area.

For making connections and discussing problems before they become too tricky to deal with and escalate.

The logo for MAP (Mediation Advice and Practice) features the lowercase letters 'map' in a bold, black, sans-serif font. The letters are set against a light green rectangular background.

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**Map** <https://www.map.uk.net>

Free and confidential support and advice for young people aged 11-25 that are finding their way. Help and support with a range of problems from mental health, sexual health to drugs and alcohol.

- Mediation service for young people that find it difficult to communicate with their families and find a way forward.
- MAP want to ensure that all young people feel valued and have the support and information they need to transition into adulthood.

# Mind Youth Service - Norfolk and Waveney

<https://www.norfolkandwaveneymind.org.uk>

Support for young people aged 11-18 living in Great Yarmouth and Waveney who are struggling with their mental health and experience emotional difficulties. Advice and guidance on looking out for signs of mental health issues and how to support young people who are experiencing difficulties.

- Young People in Mind (YPiM) Service, designed to support young people at the point of emerging mental health and emotional difficulties. Coping strategies and tools to support them in current and future life challenges.
- Triage system that supports young people to access the support and interventions they need.
- Extensive resource database to access information on how to support young people with different needs.



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# Suffolk Mind

<https://www.suffolkmind.org.uk>

Support for young people aged 11-18 and adults living in Suffolk who are struggling with their mental health and experience emotional difficulties. Advice and guidance on looking out for signs of mental health issues and how to support young people who are experiencing difficulties.

- Downloadable resources and guides with advice for how to support young people to identify their needs, find ways to support their wellbeing and talk about their mental health.

## Norfolk LGBT+ <https://norfolklgbtproject.org.uk>

Norfolk's only dedicated LGBT+ health and wellbeing service provider. For all age groups so that they feel empowered to improve their mental and emotional wellbeing and to reduce social isolation of LGBT+ individuals living in Norfolk and Waveney.

- Self-referral process, with flexible support tailored to the individual. Meetings or interactions can be face-to-face, or via email, phone, social media or Zoom.
- Staff are not trained counsellors but have had relevant training and lived experience of being LGBT+.
- Drop-in groups directory in various locations offering different ways to support young people on their journeys with exploring their sexuality, supporting family issues, helping people find their community.

# 16-19 Health Passport App

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## 16-19 Health Passport App via Just One Norfolk

The Health Passport App has been designed to support young people to become more confident about looking after their health and wellbeing.

- The app provides general health information and advice on a variety of topics and helps Norfolk young people find up to date information, advice and support on the health topics that affect them.

<https://www.justonenorfolk.nhs.uk/16-19-health-passport-app>

# UEA online course - Anxiety in children and young people during Covid 19

Learn about anxiety and discover helpful strategies to support young people struggling with anxiety as a result of the COVID-19 pandemic.

- On the course, young people learn what anxiety is and how it gives guidance to parents and carers about how they can support their young people suffering from anxiety in the time of coronavirus.
- The course is 2 hours per week for 2 weeks. 25,000 people have downloaded it. The course offers guidance and support and how to identify triggers for anxiety around Covid.

<https://www.futurelearn.com/courses/youth-mental-health-during-covid-19>



**Anna Freud**  
building the mental  
wellbeing of the  
next generation

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## On My Mind <https://www.annafreud.org/on-my-mind/>

On my mind has been created to empower young people to make informed choices about their mental health and wellbeing.

- The site has been co-created with young people so you're getting their unique understanding of how young people's minds work.
- Youth wellbeing directory of services that are local to them.
- 24/7 text support for young people in crisis.
- Self-care strategies for when young people are feeling low.
- Sections on finding the right support for you and your family.



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# The Mix

<https://www.themixstowmarket.org/>

The Mix are a youth work charity that operate in Stowmarket (Suffolk), offering a wide range of services, such as mentoring, youth clubs and group work, to build confidence and resilience, and access wellbeing support.

- Drop-in youth club for young people to take part in activities, access support, and make new friends
- Access to guidance and support for young people through coaching and mentoring programmes



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## Centre 33

<https://centre33.org.uk/>

Centre 33 are a support charity that offer free and confidential support for young people up to the age of 25 in Cambridgeshire. Young people can call, text or email the centre for tailored support and information. As well as offering emotional support and counselling, they are experts in housing and homelessness, sexual health, employment support and more.

- Offering one-to-one counselling and self-guided help with experts and wellbeing practitioners
- Online wellbeing toolkits for young people