

## WELLBEING RESOURCE DIRECTORY

Finding out what support is available is often difficult, and it is easy to become overwhelmed with information in our time of need.

Suffolk FA and ThriveSafe have joined together to bring you this resource directory – containing the details of both Local and National support groups and organisations.

Our aim is to reach as many adults, children and young people as possible and provide them with access to a range of help and support across a variety of areas - from mental health and family carers to housing, family support and substance misuse.

## LOCAL HELPLINES & SUPPORT SERVICES AVAILABLE IN SUFFOLK

What do you need help and support with?	Who can you can turn to?	How can you contact them?
Substance Misuse	TURNING POINT inspired by possibility	Website: <u>https://www.turning-</u> point.co.uk/services/suffolk-recovery- network Email: suffolk@turning-point.co.uk Telephone: 0300 01230872
Support for Carers	Suffolk ••• Family Carers	Website: <u>https://suffolkfamilycarers.org/</u> Online chat function <b>Telephone:</b> 01473 835477
Sexual Violence support for women	SUFFOLK RAPE <sup>CRISIS</sup>	Website: https://srchelp.org.uk/ Email: info@srchelp.org.uk Telephone: 01473 231200
Sexual Violence support for adult survivors of childhood abuse and support for male survivors of sexual abuse in Suffolk	SURVIVORS in transition	Website: https://survivorsintransition.co.uk/ Email: support@survivorsintransition.co.uk Telephone: 07765 052282 or 01473 232499
Support for young people (13+) who have been through abuse	TOPELINE	Website: <u>https://tope.org.uk/</u> Online chat Monday to Friday 6-9pm Telephone: 0808 168 1154
Support for young people who have been sexually abused	••• Fresh start new beginnings	Website: <u>https://www.fsnb.org.uk/</u> Telephone: 01473 353355
Sexual Assault referral centre	Ferns	Website: https://www.theferns- suffolk.org.uk/ Email: contact@theferns-suffolk.org.uk Telephone: Confidential helpline 0300 123 5058
Domestic Abuse support		Website: <u>https://www.compass-ion.org/</u>
Domestic Abuse support	alumah	Website: https://www.alumah.co.uk/ Email: info@alumah.co.uk Telephone: 07770468698
Domestic Abuse outreach, drugs, alcohol, housing and money advice	ACT (2) Anglia Care Trust Support • Advice • Action	Website: https://angliacaretrust.org.uk/ Telephone: Helpline 0800 977 5690

Support for families		Website: https://www.iceniipswich.org/
impacted by domestic		Email: admin@iceniipswich.org
abuse, addiction and	ICENI	Telephone: 01473 214006
dependency		
Family support		Website:
	Home	https://www.homestartinsuffolk.org/
	Start Support and friendship for families	Telephone: 01473 621104
Food Bank		Website:
		https://stourvalleyvineyard.org/storehouse
	store House foodbank sudury	L
	sudury trussell	For those outside of Sudbury:
	<b>o</b> trust	https://www.trusselltrust.org/get-
		help/find-a-foodbank/
Housing Support		Website: https://portal.suffolk.gov.uk/hrs/
	County Council	
Refugee Support	Refugee S.	Website: https://suffolkrefugee.org.uk/
	45 C C C C C C C C C C C C C C C C C C C	
Support for victims and		Website:
witnesses of crime		https://www.victimsupport.org.uk/resource
	VS VICTIM SUPPORT	<u>s/suffolk/</u>
	SUPPORT	Telephone: 0300 303 3706 or 0808 1689
		111
Mental Health Support		Website: https://www.suffolkmind.org.uk/
	Emind	Email: info@suffolkmind.org.uk
	for better mental health	Telephone: 0300 111 6000
	Suffolk	
Safeguarding Children &		Website: https://suffolksp.org.uk/working-
Adults in Suffolk	mpch	with-children-and-adults/multi-agency-
		safeguarding-hub-mash/
	Suffolk Multi Agency Safeguarding Hub	Telephone: 0808 800 4005
Support for Parents		Website:
		https://www.suffolk.gov.uk/children-
		families-and-learning/childcare-
		information-and-support-for-parents-and-
Support information for		providers/parent-hub/ Website: https://www.thosourco.mo.uk
Support information for	THE	Website: <u>https://www.thesource.me.uk</u>
young people		

## NATIONAL HELPLINES & SUPPORT SERVICES

What do you need help and support with?	Who can you can turn to?	How can you contact them?
Mental health– emergency support	NHS	Telephone: 111, option 2
Substance Misuse	RECOVERY	Website: https://www.alcoholics- anonymous.org.uk/ Email: help@aamail.org Telephone: 08009177650
Domestic Abuse support for men	ManKind Of	Website: https://www.mankind.org.uk/ Telephone: 01823 334244
Online Counselling for young people	<b>ke</b> oth	Website: <u>https://www.kooth.com/</u>
Bullying		Website: https://www.familylives.org.uk/ Telephone: 0808 800 2222
Support for Childhood Abuse	Page Association for People Abused in Childhood	Website: https://napac.org.uk/ Telephone: 0808 801 0331
Child Legal Rights Advice	COCOM better chances for children since 1739	Website:https://www.coram.org.uk/about-usTelephone: 020 7520 0300Legal advice support:https://www.childrenslegalcentre.com/
Eating Disorder support	Beat	Website: https://www.beateatingdisorders.org.uk/ Telephone: 0808 801 0677
Employment support advice	<b>dcds</b> working for everyone	Website: https://www.acas.org.uk/ Telephone: 0300 123 1100
Debt and Financial advice support	Step hange	Website: <u>https://www.stepchange.org/</u> Telephone: 0800 138 1111

Health Advice	Chat Health	Website: WebChat https://chathealth.nhs.uk/
Domestic Abuse	Defune	Website:
	Refuge	https://www.nationaldahelpline.org.uk/
	-30	<b>Telephone:</b> 0808 2000 247
	For women and children.	
	Against domestic violence.	
Men's Sexual Violence		Website: https://www.survivorsuk.org/
Support		SMS chat: 020 3322 1860
	SURVIVORS UK	Telephone: 020 3598 3898
Advice Services including:		Website:
legal and financial		https://www.citizensadvice.org.uk/
	citizens advice	
LGTBQ+ support		Website: https://galop.org.uk/
		Domestic Abuse Helpline: 0800 999 5428
	(galop)	Conversion Therapy Helpline: 0800 130
	safe just fair	3335 Hate Crime Helpline: 020 7704 2040
		hate chine helpline. 020 7704 2040
Mental Health Support	N/	Website: https://www.mind.org.uk/
	05	Infoline: 0300 123 3393
	for better mental health	Legal Line: 0300 466 6463
Suicide Prevention for		Website: https://www.papyrus-uk.org/
young people		Telephone: 0800 068 4141
Joung beoble	PAPYRUS PREVENTION OF YOUNG SUICIDE	
Mental health and suicide		Website: https://www.thecalmzone.net/
prevention	CAMPAST AGAINST LIVING MISERABLY	
Domestic Abuse outreach	THE DEAF HEALTH	Website: https://signhealth.org.uk/
support for hearing	CHARITY	
impaired individuals	SIGNHEALTH	
Support for third party		Website: https://restitute.org/
victims of sexual and	RESTITUTE	
violent crime	KESTITUTE	
Pohy Loss Summart		Wohsita
Baby Loss Support – stillbirth and baby loss		Website: https://www.sands.org.uk/support-you
	Sands	Email: helpline@sands.org.uk
		<b>Telephone:</b> 0808 164 3332

Miscarriage Support	MISCARRIAGE ASSOCIATION The knowledge to help	Website: https://www.miscarriageassociation.org.uk/ Telephone: 01924 200799
Cancer Support	MACMILLAN CANCER SUPPORT	Website: https://www.macmillan.org.uk/ Telephone: 0808 808 0000
Young People's Support	YOUNGMINDS Youngminds Youngminds	Website: https://www.youngminds.org.uk/ Textline 24hr Support: Text YM to 85258 for 24/7 support
Text Support Service	shout 85258	Website: https://giveusashout.org/ Text: SHOUT to 85258
Prostate Cancer	PROSTATE CANCER UK	Website: https://prostatecanceruk.org/ Telephone: 0800 074 8383
Heart Health	British Heart Foundation	Website: https://www.bhf.org.uk/ Telephone: 0300 330 3311
Helping the Aged	Love later life	Website: https://www.ageuk.org.uk/ Telephone: 0800 055 6112
The Offside Trust – support for those who have been victims of sexual abuse in football		Website: http://www.offsidetrust.com/