













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		Website: https://www.turning-point.co.uk/services/suffolk-recovery-network Email: suffolk@turning-point.co.uk Telephone: 0300 01230872
Support for Carers		Website: https://suffolkfamilycarers.org/ Online chat function Telephone: 01473 835477
Sexual Violence support for women		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		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		Website: https://tope.org.uk/ Online chat Monday to Friday 6-9pm Telephone: 0808 168 1154
Support for young people who have been sexually abused		Website: https://www.fsnb.org.uk/ Telephone: 01473 353355
Sexual Assault referral centre		Website: https://www.theferns-suffolk.org.uk/ Email: contact@theferns-suffolk.org.uk Telephone: Confidential helpline 0300 123 5058
Domestic Abuse support		Website: https://www.compass-ion.org/
Domestic Abuse support		Website: https://www.alumah.co.uk/ Email: info@alumah.co.uk Telephone: 07770468698
Domestic Abuse outreach, drugs, alcohol, housing and money advice		Website: https://angliacaretrust.org.uk/ Telephone: Helpline 0800 977 5690

<p>Support for families impacted by domestic abuse, addiction and dependency</p>		<p>Website: https://www.iceniipswich.org/ Email: admin@iceniipswich.org Telephone: 01473 214006</p>
<p>Family support</p>		<p>Website: https://www.homestartinsuffolk.org/ Telephone: 01473 621104</p>
<p>Food Bank</p>		<p>Website: https://stourvalleyvineyard.org/storehouse/ For those outside of Sudbury: https://www.trusselltrust.org/get-help/find-a-foodbank/</p>
<p>Housing Support</p>		<p>Website: https://portal.suffolk.gov.uk/hrs/</p>
<p>Refugee Support</p>		<p>Website: https://suffolkrefugee.org.uk/</p>
<p>Support for victims and witnesses of crime</p>		<p>Website: https://www.victimsupport.org.uk/resources/suffolk/ Telephone: 0300 303 3706 or 0808 1689 111</p>
<p>Mental Health Support</p>		<p>Website: https://www.suffolkmind.org.uk/ Email: info@suffolkmind.org.uk Telephone: 0300 111 6000</p>
<p>Safeguarding Children & Adults in Suffolk</p>		<p>Website: https://suffolksp.org.uk/working-with-children-and-adults/multi-agency-safeguarding-hub-mash/ Telephone: 0808 800 4005</p>
<p>Support for Parents</p>		<p>Website: https://www.suffolk.gov.uk/children-families-and-learning/childcare-information-and-support-for-parents-and-providers/parent-hub/</p>
<p>Support information for young people</p>		<p>Website: https://www.thesource.me.uk</p>

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		Telephone: 111, option 2
Substance Misuse		Website: https://www.alcoholics-anonymous.org.uk/ Email: help@aamail.org Telephone: 08009177650
Domestic Abuse support for men		Website: https://www.mankind.org.uk/ Telephone: 01823 334244
Online Counselling for young people		Website: https://www.kooth.com/
Bullying		Website: https://www.familylives.org.uk/ Telephone: 0808 800 2222
Support for Childhood Abuse		Website: https://napac.org.uk/ Telephone: 0808 801 0331
Child Legal Rights Advice		Website: https://www.coram.org.uk/about-us Telephone: 020 7520 0300 Legal advice support: https://www.childrenslegalcentre.com/
Eating Disorder support		Website: https://www.beateatingdisorders.org.uk/ Telephone: 0808 801 0677
Employment support advice		Website: https://www.acas.org.uk/ Telephone: 0300 123 1100
Debt and Financial advice support		Website: https://www.stepchange.org/ Telephone: 0800 138 1111

Health Advice		Website: WebChat https://chathealth.nhs.uk/
Domestic Abuse		Website: https://www.nationaldahelpline.org.uk/ Telephone: 0808 2000 247
Men's Sexual Violence Support		Website: https://www.survivorsuk.org/ SMS chat: 020 3322 1860 Telephone: 020 3598 3898
Advice Services including: legal and financial		Website: https://www.citizensadvice.org.uk/
LGBTQ+ support		Website: https://galop.org.uk/ Domestic Abuse Helpline: 0800 999 5428 Conversion Therapy Helpline: 0800 130 3335 Hate Crime Helpline: 020 7704 2040
Mental Health Support		Website: https://www.mind.org.uk/ Infoline: 0300 123 3393 Legal Line: 0300 466 6463
Suicide Prevention for young people		Website: https://www.papyrus-uk.org/ Telephone: 0800 068 4141
Mental health and suicide prevention		Website: https://www.thecalmzone.net/
Domestic Abuse outreach support for hearing impaired individuals		Website: https://signhealth.org.uk/
Support for third party victims of sexual and violent crime		Website: https://restitute.org/
Baby Loss Support – stillbirth and baby loss		Website: https://www.sands.org.uk/support-you Email: helpline@sands.org.uk Telephone: 0808 164 3332

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