



Working to relieve and support those living with anxiety and anxiety-based depression by providing information, support and understanding via an extensive range of services.

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

Telephone: 03444 775 774 Mon-Fri 9.30am – 5:30pm  
support@anxietyuk.org.uk



Supporting anyone affected by eating disorders, emotional overeating, and difficulties with food, weight and shape. Giving individuals experiencing an eating disorder and their loved ones a place where they feel listened to, supported and empowered.

[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

Helpline: 0808 801 0677

Youthline: 0808 801 0711

Studentline: 0808 801 0811



Offer support and advice about bullying, including cyber bullying. You can also share experiences and advice with other parents on their forums.

[www.bullying.co.uk](http://www.bullying.co.uk)

Helpline: 0808 800 2222



CALM offers support to men in the UK, of any age, who are down or in crisis via a helpline, webchat, and website.

[www.thecalmzone.net](http://www.thecalmzone.net)

Helpline: 0800 58 58 58



Change4Life aims to ensure parents have the essential support and tools they need to make healthier choices for their families.

[www.nhs.uk/change4life](http://www.nhs.uk/change4life)



Independent, confidential and impartial advice on your rights about a range of social issues, such as housing, benefits, and debt.

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)



Bringing people together to end the loneliness and isolation of depression by setting up 'Friends in Need' as a way for people affected by depression or supporting someone with depression to talk online and meet up with groups in their local area.

[www.depressionalliance.org](http://www.depressionalliance.org)



Emergency chat is an app that can be used in any situation where speech is impossible but communication is still necessary. The app presents a splash screen that explains to the person you give your device to that you can't use speech and want to use the app to communicate.



Part of 'YoungMinds', HeadMeds provides young people with general information about mental health medication, but does not give medical advice. Provides straight forward and reliable information about mental health medication.

[www.youngminds.org.uk](http://www.youngminds.org.uk)



Headspace Provides guided meditation sessions and mindfulness training which can be accessed online or via a mobile app.

[www.headspace.com](http://www.headspace.com)



HopeAgain Is the youth website of Cruse bereavement care. It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone.

[www.hopeagain.org.uk](http://www.hopeagain.org.uk)

Helpline: 0808 808 1677 Mon – Fri 9:30am – 5:30pm



Mind empowers people to understand their condition and the choices available to them, through an info line which offers callers confidential help, a legal line which provides information on mental health related law, publications and a website .

[www.mind.org.uk](http://www.mind.org.uk)

Infoline: 0300 123 3393 Mon – Fri 9am – 6pm

[info@mind.org.uk](mailto:info@mind.org.uk)

Text: 86463



**Molehill Mountain** 12+  
Autistica & King's College London  
★★★★★ 4.5, 2 Ratings  
Free

Molehill Mountain is an app to help autistic people understand and self manage anxiety. It allows you to track your worries and the situations that trigger anxiety, get evidence-based daily tips to understand more about anxiety, and to feel more confident to self manage anxiety.



Relate offers counselling services for every type of relationship nationwide. They provide advice on marriage LGBT issues divorce and parenting. You can find your nearest Relate through the website:

[www.relate.org.uk](http://www.relate.org.uk)



Rethink aim to improve the lives of people severely affected by mental illness through a network of local groups and services, expert information, and successful campaigning. Their goal is to make sure everyone affected by severe mental illness has a good quality of life.

[www.rethink.org](http://www.rethink.org)

Advice and information service open Mon – Fri 9:30am – 4pm:

0300 5000 927



The Samaritans provide emotional support to anyone struggling to cope, in emotional distress, or at risk of suicide.

[www.samaritans.org](http://www.samaritans.org)

Call 116 123



SANE runs a national out of hours mental health helpline offering specialist emotional support and information to anyone affected by mental illness including family friends and carers.

[www.sane.org.uk](http://www.sane.org.uk)

0300 304 7000 every evening 4:30pm – 10:30pm



Provide support information and advice to people living with disabilities and their families.

[www.scope.org.uk](http://www.scope.org.uk)

Helpline: 0808 800 3333

Email: [helpline@scope.org.uk](mailto:helpline@scope.org.uk)



Shout is a 24/7 text service free on all major mobile networks for anyone in crisis anytime anywhere. It's a place to go if you're struggling to cope and need immediate help.

[www.giveusashout.org](http://www.giveusashout.org)

Text: 85258



The Stay Alive app is a suicide prevention Resource for the UK packed full of useful information and tools to help you stay safe in crisis you can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.



Information and advice about health and care, housing, money, local services and organisations to help you live independently.

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

Email: [Infolink@suffolk.gov.uk](mailto:Infolink@suffolk.gov.uk)

Provides information on events list and links to useful websites about mental health and well being.

[www.suffollibraries.co.uk](http://www.suffollibraries.co.uk)

Telephone: 01473 351249

[help@suffollibraries.co.uk](mailto:help@suffollibraries.co.uk)



A self help organization who provide a safe confidential environment in which bereaved people can share their experiences and feelings so giving and gaining support from each other to help break the isolation experienced by those bereaved by suicide.

<https://uksobs.org>

Helpline: 0300 111 5065 Mon – Fri 9am – 9pm

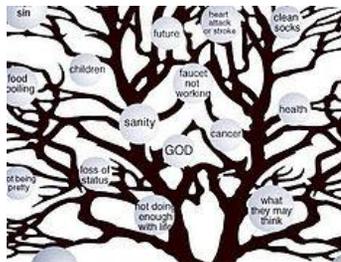
Email: [email.support@uksobs.org](mailto:email.support@uksobs.org)



The Source is managed by the Engagement Hub within Health, Wellbeing and Children Services at Suffolk County Council. Provides information and advice on healthy relationships housing money work and learning for young people in Suffolk.

[www.thesource.me.uk](http://www.thesource.me.uk)

Email: [thesource@suffolk.gov.uk](mailto:thesource@suffolk.gov.uk)



## The Worry Tree Cafe

The worry tree cafe offers support to anybody of any age experience mental health challenges with the opportunity to talk and meet with like minded people. Visit the weekly dropping cafe and to take part in events and projects. Open on a Friday evening and situated in central Framlingham.

[www.hourcommunity.co.uk](http://www.hourcommunity.co.uk)

Telephone: 01728 440533

Email: [theworrytreecafe@gmail.com](mailto:theworrytreecafe@gmail.com)



Offers help and support to improve wellbeing and manage stress, low mood, and anxiety. They aim to reduce the onset of mental health problems, prevent deterioration, and promote recovery by offering a range of flexible services including workshops and courses, and talking therapies such as counselling and cognitive behavioural therapy tailored to meet your specific needs.

[www.wellbeingnands.co.uk](http://www.wellbeingnands.co.uk)

Non-emergency contact number: 0300 123 1503 9am-5pm



Leading the fight for a future where all young minds are supported and empowered whatever the challenges. Working to improve the emotional health and well being of children and young people in the UK.

<https://youngminds.org.uk>

Parents helpline: 0808 802 5544 Mon – Fri 9:30am – 4pm



WAY is the only national charity in the UK for people aged 50 or under when their partner dies it's a peer to peer support group operating with a network of volunteers who have been bereaved at a young age themselves so they understand exactly what other members are going through.

[www.widowedandyoung.org.uk](http://www.widowedandyoung.org.uk)