

YOUR LOCAL GUIDE TO SERVICES IN SUFFOLK

JULY 2021



HELP WITH DEBTS AND HOUSEHOLD EXPENSES

SUFFOLK ADVICE AND SUPPORT SERVICE

Find out about the different support services for Suffolk residents.

Get free professional advice in confidence on a range of things that you might need some help with.

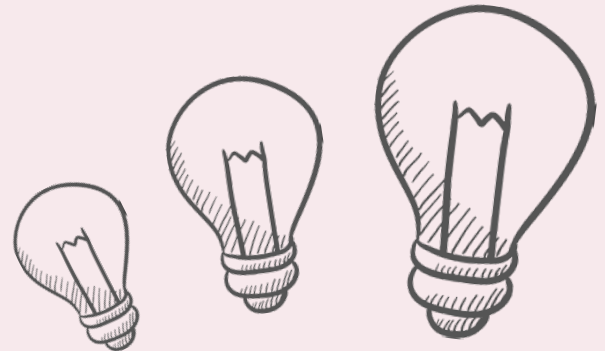
Call us to have a chat about:

- your mortgage or credit cards
- rent arrears or other debts
- COVID-19 related concerns and what it means for you and/or your family
- access to food

- one-off grants for things such as:
 - white goods
 - fuel vouchers
 - other unforeseen expenses
- benefits, consumer issues, and work issues

Helpline: 0800 068 3131

Monday to Friday 9am to 5pm. You can leave your name and number outside of these hours and somebody will call you back within 1 working day.



Help with home/ family support

HOME, BUT NOT ALONE

Support for people who are isolated due to the pandemic, struggling with loneliness, food and supplies.

Call: 0800 876 6926

HOME START IN SUFFOLK

Home Start is ready to support families through their toughest times.

Call: 01473 621104

Email: headoffice@homestartinsuffolk.org

Visit: www.homestartinsuffolk.org



HEALTHY START

It provides vouchers for pregnant women and families with a child under four years old on a low income to buy basic food items.

Call: 0345 607 6823

Visit: www.healthystart.nhs.uk/contact-us

SUFFOLK FAMILY CARERS ADVICE LINE TEAM

Call: 01284 333035

Email: info@suffolkcarersmatter.org.uk

BUDDY UP PROGRAMME

Support for people who are isolated to re-engage with their community, offering advice online and face-to-face. They can also assist if you need to isolate to ensure you have what you need.

Call: 01473 345400

Email: volunteering@communityactionsuffolk.org.uk

Help with Mental Health and Wellbeing

SUFFOLK WELLBEING SERVICE (non-emergency)

East and West Suffolk

Call: 0300 123 1781

Visit: www.wellbeingnands.co.uk/suffolk

Waveney

Call: 0300 123 1503

Visit: www.wellbeingnands.co.uk/norfolk

The services offered include:

- Stress control and wellbeing workshops
- Telephone support
- Short term therapy
- One to one counselling

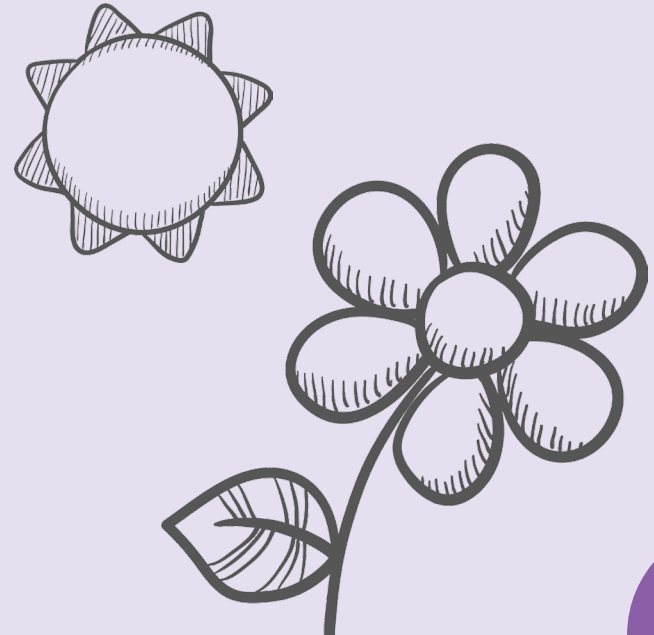
SUFFOLK MIND

Call: 0300 111 6000

Email: info@suffolkmind.org.uk

Visit: www.suffolkmind.org.uk

You can talk to Samaritans anytime on:
116 123



Advice and Support for Young People

THE SOURCE

Information and advice for young people in Suffolk.

Visit: www.thesource.me.uk

CHATHEALTH SERVICE

You can contact a Suffolk school nurse confidentially.

Text: 07507 333356

KOOTH

A free, safe and confidential online service where you can find someone to talk to when you need it.

Visit: www.kooth.com

EMOTIONAL WELLBEING HUB

Confidential information, advice and support if you are worried about yours or a friend's mental health.

Call: 0345 600 2090

Monday to Friday, 8am to 7:30pm

SUFFOLK YOUNG PEOPLE'S HEALTH PROJECT (4YP)

To speak with a 4YP youth worker for confidential advice and support.

Drop in or call: 01473 252607

Email: enquiries@syphp.org.uk

YOUNGMINDS

Crisis Text Messenger Service

For urgent support and help TEXT 85258

Help with Domestic Abuse

ANGLIA CARE TRUST

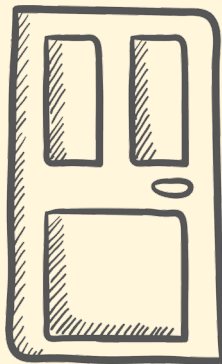
Call: 01473 622888

Email: admin@angliacaretrust.org.uk

Visit: www.angliacaretrust.org.uk

SUFFOLK DOMESTIC ABUSE HELPLINE

Call: 0800 977 5690



Help with Drugs and Alcohol

TURNING POINT

Call: 0300 123 0872

Visit: www.wellbeing.turning-point.co.uk/suffolk/self-help

ALCOHOLICS ANONYMOUS

Visit: www.alcoholics-anonymous.org.uk/AA-Meetings

FIND-A-MEETING/SUFFOLK

National Helpline: 0800 9177 650

Disability Support

DISABILITY ADVICE SERVICE

Call: 01394 387070

Visit: www.daseastsuffolk.wordpress.com

SUFFOLK COALITION OF DISABLED PEOPLE

Call: 01473 557577

Visit: www.scodp.org.uk



Career/work advice

NATIONAL CAREERS SERVICE

Call: 0800 100 900

Visit: www.nationalcareers.service.gov.uk



Other support

NATIONAL GAMBLING HELPLINE

Call: 0808 8020 133

GAMBLERS ANONYMOUS

Call: 0330 094 0322

Email: info@gamblersanonymous.org.uk

Visit: www.gamblersanonymous.org.uk/contact

DEVICE TO YOUR DOOR

New scheme offering the loan of a laptop for 48hrs. You'll also get a 4G USB dongle so you can access the internet.

To book call: 07735 609303

Email: devicetoyourdoor@suffolklibraries.co.uk

Infolink

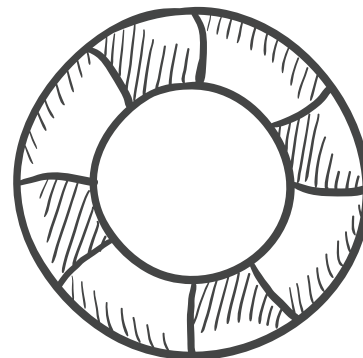
A community directory to look for activities, services and events across Suffolk.

Visit: www.infolink.suffolk.gov.uk

SUFFOLK LIBRARIES

- Cultural Offers
- Wellbeing services and activities
- COVID home testing kits and advice

Visit: www.suffolklibraries.co.uk





SuffolkCollective

Suffolk partners and agencies
working together

The Collaborative Communities COVID-19 Board



Suffolk
County Council

s u f f o l k
Resilience