Well Minds

Packed with information advice and useful contacts helping you, your family, friends and community to manage good mental health and wellbeing in Suffolk.





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We have used material from publications and websites produced by a wide range of partners from the public and voluntary, community, faith and social enterprise sectors (VCFSE).

All information is current at time of publication (July 2026) but if you do find a link or number isn't working, please contact publicmentalhealth@suffolk.gov.uk

This booklet can be downloaded at www.healthysuffolk.org.uk where an accessible version is also available.

We are able to produce this booklet in different languages and in digital or easy read formats, upon request.

Suffolk County Council

HEALTHY SUFFOLK

VASP
SUFFOLK VOLUNTARY & STATUTORY PARTNERSHIP
Working together for Mental Health

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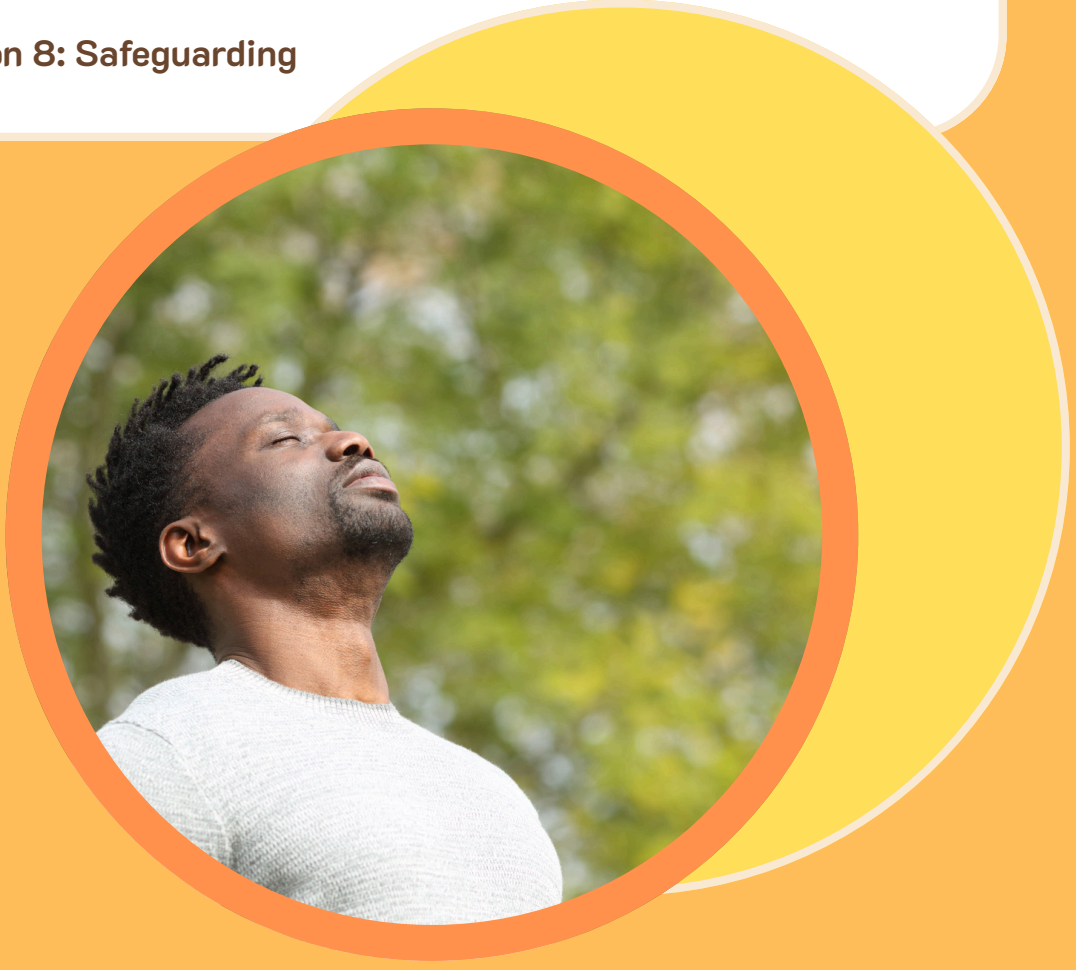
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Section 1: Five ways to wellbeing

All sorts of things can affect how we feel so it can be helpful to think about being well as something we do rather than something we are. The **Five Ways to Wellbeing** campaign suggests five activities we can do that help us be well.

For more information scan the QR code or visit www.wellbeingnands.co.uk/suffolk/self-help/five-ways-to-wellbeing



CONNECT

Talking to other people can help us feel good, less lonely, and more connected. You can talk to family, friends, people at work or school, or even neighbours. Here are some easy ways to connect

- Ask someone how their weekend was. Listen to what they say and say something back like, “Sounds like you had fun at the park!”
- Take five minutes to find out how a friend or co-worker is doing
- If you need help meeting people, visit infolink.suffolk.gov.uk or call your GP surgery, to find local groups

BE ACTIVE

scan me to discover local walks

Being active can help us stay mentally well. You don’t have to run or play sport. Do something else you enjoy – like dancing, gentle yoga, or even stretching exercises while sitting down. Ideas for being more active include:

- Take the stairs rather than the lift, get off the bus one stop earlier or park your car further away
- Dance whilst you are doing the cleaning or making the dinner.
- Go for a walk. Feel Good Suffolk, in partnership with Ramblers UK are offering free, organised group walks across Suffolk. Scan the QR code or visit www.feelgoodsuffolk.co.uk/be-active/wellbeing-walks



TAKE NOTICE

When you enjoy small moments, like walking barefoot on grass, or eating a lovely meal you can feel happier. Paying attention, or taking notice of that moment can help you see what matters.
Some easy ways to enjoy the moment include:

- Spend some time in nature - the local park or woods. Notice the sights, sounds, and smells around you.
- Listen to music – let yourself get lost in the rhythm or lyrics.
- Watch the sky – spend a few moments looking at the clouds, stars, or sunset.

LEARN

scan me to discover local clubs and hobbies

Feeling like you are learning and developing can improve how you feel about yourself. Learning new things will make you more confident, as well as being fun. Ideas about how to learn new things include:
Sign up for a course - something you have always wanted to do!

Read a book, do a puzzle, visit a museum. Follow a new recipe or get your kids to teach you something they are good at. There are also lots of great things to do in Suffolk! Visit the Suffolk InfoLink directory to discover new clubs or hobbies if you are stuck for ideas - scan the QR code or visit infolink.suffolk.gov.uk

GIVE

Scan me to discover volunteer opportunities in Suffolk

Giving is about thinking of others as well as yourself and doing something kind. For example, doing something nice for a friend or a stranger. It helps you feel part of your community and can lead to new friendships. Ideas about how to give include:

- Help out – volunteer or join a local group. There are lots of places to volunteer and for ideas visit volunteersuffolk.org.uk/get-involved/
- Be kind – make a cup of tea for someone, like a neighbour.
- Say thanks – a smile and a thank-you can brighten someone's day



Section 2: Sleep

Sleep is another important activity that impacts our wellbeing!

There are two main types of sleep: **deep sleep** and **dream sleep:**

- **Deep sleep** helps your body rest, heal, and grow. It happens more in the first half of the night.
- **Dream sleep** (often called Rapid Eye Movement (REM) sleep because your eyes move rapidly when you are dreaming) helps your mind deal with emotions. It happens more in the second half of the night.

If you go to bed too late, you miss deep sleep and may feel tired. If you wake up too early, you miss dream sleep and may feel stressed.

Adults need **7–9 hours** of good quality sleep each night.



10 Ways to Better Sleep –

Tips for improved sleep quality and quantity

1. Step outside within 30 to 60 minutes of waking up to enjoy the sunlight. Repeat in the late afternoon, just before dusk.

2. Every day, including weekends, try to wake up at the same time and go to bed as soon as you feel tired.

3. Stopping smoking will improve your sleep because nicotine stimulates your brain. Without it, you are more likely to fall asleep quicker and stay asleep longer. Also, caffeine and alcohol affect your sleep so cutting down on those will help.

4. Move more than you do now. Regular activity helps you sleep better. It helps you fall asleep faster and helps you stay asleep through the night.

5. Try not to look at bright screens before bed, like your phone. The bright light can trick your brain into thinking it's still daytime. This makes it harder to fall asleep.

6. Eat more fibre. You can get fibre from vegetables, fruit, whole grains, beans, and lentils. Fibre helps your body to work well. This can help you sleep better.

7. Try listening to white noise to help you fall asleep. White noise is a steady sound, like a fan or soft rain. It can help your brain relax. There are lots of free apps that play white noise.

8. Try relaxation exercises. like deep breathing. Breathe in slowly through your nose, hold for a few seconds, then breathe out through your mouth. Repeat a few times to calm your body.

9. Try to keep stress and anxiety in check (see Five Ways to Wellbeing).

10. Taking a warm shower before bed can help you relax. It tells your body it's time to sleep.

Learn more about your sleep by joining a short workshop, The Mental Health Toolkit: Sleep Well by scanning the QR code or visiting www.thementalhealthtoolkit.co.uk

Suffolk Mind have lots of different sleep resources on their website too. Scan the QR code or visit **www.suffolkmind.org.uk/sleep**



Section 3: Suffolk Mind

Emotional needs and resources

Suffolk Mind use an 'organising idea' to help you stay well. We all have physical and emotional needs and a set of skills and resources that we're born with to meet those needs. We call this the Emotional Needs and Resources approach.

We have 12 physical and emotional needs, which are:

- Food and Drink
- Sleep
- Movement
- Security
- Control
- Attention
- Status
- Community
- Privacy
- Emotional Connection
- Achievement
- Meaning and Purpose



For example, someone might use their skills with computers to show a neighbour how to set up an email account. This could meet their need for meaning and purpose, because they feel useful and able to help someone else.

When our needs are met through everyday actions and relationships, we're more likely to feel content and able to cope with challenges.

This approach forms the basis of all Suffolk Mind resources and services as well as their 'Mental Health Toolkit'.

Are you meeting each of your needs?



Find out how well you are meeting each of your needs by doing a quick survey by scanning the QR code below or visiting:

www.suffolkmind.org.uk/emotional-needs-survey/

To learn more about the Emotional Needs and Resources approach, visit Suffolk Mind's website by scanning the QR code or visiting www.suffolkmind.org.uk/who-we-help/mental-health-support/emotional-needs-resources/

Section 4: If you or someone you know is struggling with their mental health

Remember...

In the UK **over 8 million** people experience **anxiety** every day. There are lots of things happening locally and globally that could impact your mental wellbeing.
It's OK not to be OK and to seek support and advice.

If you are experiencing a mental health crisis...

Call NHS 111 option 2. This is a 24-hour helpline for people who need urgent mental health support. If you call, you'll speak to a professional in your local NHS mental health service. They can discuss your current mental health needs and provide access to further support if needed. Calls are free.

You can talk to **Samaritans on 116 123** about anything that is upsetting you **24/7, 365 days a year.**

If someone is in **immediate danger** phone **999.**

Text **'SHOUT' to 85258,** free from all major UK mobile networks.



Local support and advice

There are now Mental Health Practitioners (for moderate mental health needs – age 16+) and Enhanced Recovery Workers (for mild mental health needs for those aged 14+) at most GP practices. Patients can access this support by contacting their GP practice.

Information about a range of support services and local groups & activities is also available from the following organisations:

Wellbeing Suffolk

Wellbeing Suffolk provides a range of free support for people with common mental health and emotional issues.
www.wellbeingnands.co.uk

Norfolk and Waveney Talking Therapies

Norfolk and Waveney Talking Therapies provide a range of support for people with common mental health and emotional issues, such as low mood, depression, or stress.
www.nandwtalkingtherapies.org.uk

For both areas call on 0300 123 1503

Suffolk Mind

0300 111 6000
www.suffolkmind.org.uk

Norfolk and Waveney Mind

0300 330 5488
www.norfolkandwaveneymind.org.uk
Their services include the **Young People in Mind Service** for age 14-25 year olds.

Suffolk VASP

Suffolk Voluntary and Statutory Partnership for mental health and wellbeing (VASP) provides a weekly roundup of information on services and groups .

www.suffolkvasp.co.uk

Suffolk Infolink

The Suffolk InfoLink is an online directory that provides web links to services, information and support in Suffolk for anyone worried about emotional wellbeing.

infolink.suffolk.gov.uk

Suffolk User Forum

is a user-led mental health charity which supports people with their mental health. They make sure people's voices are heard to influence how services are provided. They also have a useful A-Z directory for support services

www.suffolkuserforum.co.uk

Suffolk Community Libraries

Wellbeing Information and Suffolk Advice Guidance and Emotional Support (SAGES) partnership dedicated to supporting mental wellbeing in Suffolk. Includes details of groups, events and resources as well as links to useful websites

www.suffolkcommunitylibraries.co.uk/wellbeing/

Suffolk Mind REST Hubs

The REST Hubs offer free mental health and wellbeing support for adults 18+, through one-to-one sessions, groups, programmes, and workshops. They work to discuss needs, explore strengths, and connect with support. Visit the Ipswich Hub at 22 Carr Street, Monday–Friday, 10am–4pm. Find out more or self-refer:

https://www.suffolkmind.org.uk/who-we-help/mental-health-support/

The Recovery College

The Recovery College is a free, welcoming service for anyone aged 16 and over living in Norfolk and Suffolk who wants to improve their mental health and wellbeing - including carers, supporters, and other professionals. Courses are both in-person and virtual and designed to help you build skills and strategies. www.nsft.nhs.uk/recovery-college/

National support and advice

Mind Helplines

Mind's 4 helplines provide a voice at the end of the phone when there's nowhere else to turn. Each line meets a different mental health or wellbeing need – from information and service finding to understanding mental health law.

Infoline: 0300 123 3393

www.mind.org.uk/information-support/helplines/

Qwell

Qwell provides free, digital mental health support including peer to peer networks and personal development tools.

www.qwell.io

Rethink

Rethink Mental Health Advice and Information Service provides factsheets and advice on issues such as treatment, medication, therapy, debt and money.

www.rethink.org

0808 801 0525

SANEline

If you're experiencing a mental health problem or supporting someone else who is, you can call SANEline an out of hours helpline on 0300 304 7000 (4:30pm - 10:30pm every day)

www.sane.org.uk



Section 5: Support for Children, Young People, & Young Adults

Local support and advice

The Source

For information on mental health services and support available to help young people in Suffolk.

www.thesource.me.uk/wellbeing

Just One Norfolk

Just One Norfolk covers the north (Waveney) part of East Suffolk. Their website includes an emotional health section for all the family which covers a wide range of topics including managing feelings, low mood, and self-harm.

www.justonenorfolk.nhs.uk

Norfolk and Waveney Mind

Norfolk & Waveney Mind run the Youth in Mind Service for ages 14-25.

0300 330 5488

www.map.uk.net/here-you/activities-groups/youth-mind

4YP

4YP offer counselling providing young people with a safe, supportive, non-judgemental space to explore their feelings, their thinking and behaviours. They also offer drop ins & youth clubs providing safe places to be and positive things to do.

4yp.org.uk/

Particip8

A group with an interest in mental health for young people and a passion for improving services.

Text or call 07342066589

www.suffolklocaloffer.org.uk/health-and-wellbeing/mental-health-and-wellbeing/particip8

Suffolk School Nursing Team

The Suffolk School Nursing Team provides a range of services to support the health and wellbeing of school-aged children.

0345 607 8866
childrenshealth@suffolk.gov.uk

www.suffolk.gov.uk/children-families-and-learning/childrens-health/school-nursing-service

Suffolk Mind

provide a range of courses and support for children and young people

www.suffolkmind.org.uk/who-we-help/under-18s

Suffolk Infolink

The Suffolk InfoLink is an online directory that provides web links to services, information and support in Suffolk for children and young people who may be worried about their emotional wellbeing. The directory also contains details of youth clubs and support services across the county.

infolink.suffolk.gov.uk

National support and advice

Young Minds

Young Minds provide a 24/7 confidential mental health text support service

Youngminds.org.uk

giveusashout.org/get-help

Text YM to 85258

The Mix

The Mix provides a range of information and support for under 25s, including content, community, counselling & crisis support

www.themix.org.uk/

Kooth

Kooth is a chat support service for children and young people

www.kooth.com

Childline

Childline offer a range of support. Log-in for a 1-2-1 counsellor chat or send an email via a Childline account.

0800 1111

www.childline.org



Section 6: Tailored Mental Health Support

The details provided below are just some of the many services available. For a full list, including bereavement, specific mental health issues, gambling support, sexual violence, support for people with physical and learning disabilities, stopping smoking, menopause, pet related support, and more visit **Suffolk Infolink** at **infolink.suffolk.gov.uk** - see QR Code on page 10 of this booklet.

Carers

Suffolk Family Carers has a team dedicated to supporting people who are helping or caring for someone with mental ill-health
www.suffolkfamilycarers.org/emotional-support/mental-health

LGBTQ+

Switchboard is a helpline for LGBTQ+ people. It is a safe space to discuss anything, including sexuality, gender identity, sexual health and emotional well-being.

Call on **0800 0119 100** (10am–10pm every day) *Phone operators all identify as LGBTQ+*
email **hello@switchboard.lgbt**
Visit **www.switchboard.lgbt**

Domestic abuse support

The Suffolk Domestic Abuse Helpline & Webchat Service is for anyone of any gender identity. It is FREE, 24/7, and will connect you straight to a domestic abuse professional. You are not alone. Call if you are a survivor of domestic abuse and need action. Call if you're concerned about a friend/family member or colleague and need advice. Call if you're a professional and need guidance

Helpline: **0800 977 5690 | Webchat: www.suffolkdahelpline.org.uk/**

Support for older people

The **Mindful Life Group** is the UK's only non-profit organisation dedicated to older adult mental health. They offer free, clinician designed programs and are based in Suffolk

Visit **www.the-mindful-life.com**

The **Silver Line Helpline** run by Age UK is a free, confidential telephone service for older people. They provide friendship, conversation, and support 24 hours a day, 7 days a week.

Visit **www.thesilverline.org.uk**

Citizens Advice

Citizens Advice can help with a range of issues – including benefits, employment and debt, and help people access funds or vouchers for food or fuel or household items. They can also help challenge or query a bill from an energy supplier. There are Citizens Advice offices in every district in Suffolk

Babergh – Sudbury and South Suffolk Citizens Advice

Contact number 01787 321400
Monday to Thursday 10-3
Their office is in Sudbury.
www.sudburycab.org.uk

Citizens advice East Suffolk

Advice line 0808 278 7866
Monday to Friday 10-2
Their offices are in Beccles, Felixstowe, Leiston, Lowestoft and Woodbridge.
www.citizensadviceeastsuffolk.org.uk

Citizens advice Ipswich

Advice line 0808 278 7868
Monday to Friday 9-5
Their office is in Ipswich
www.citizensadviceipswich.org.uk

Citizens advice Mid Suffolk

Contact number 01449 676060
Monday to Thursday 9.30-3.30. Friday 9.30 – 12.30.
Their office is in Stowmarket.
www.midsuffolkcab.org.uk/contact-us

Citizens advice West Suffolk

Contact number 0808 278 7868
Monday to Friday 9.30-3.30
Our offices are in Bury St Edmunds, Brandon, Haverhill, Newmarket and Mildenhall.
www.suffolkwestcab.org.uk

Debt and money worries

People with mental health problems are more likely to be in problem debt. **Money and Mental Health** is a charity, committed to breaking the link between financial difficulty and mental health problems.

Download Martin Lewis's free mental health and debt guide at www.moneyandmentalhealth.org

Mental Health UK run the Mental Health and Money Advice Service to help people to understand, manage and improve their mental health and money issues
Visit www.mentalhealthandmoneyadvice.org

Suffolk's **cost of living resource** with information on local support can be found on Suffolk Infolink by searching for 'Suffolk cost of living' or scanning the QR code

Refugees

Suffolk Refugee Support provide an advice service covering an extensive range of issues. They are open Monday, Tuesday and Friday.

Call on **01473 400785**
Email **office@suffolkrefugee.org.uk** to make an appointment
Visit www.suffolkrefugee.org.uk

Rural work

YANA (You Are Not Alone) is a helpline for those living and working in rural areas.

Call on **0300 323 0400**
Email **helpline@yanahelp.org**
Visit **www.yanahelp.org**

Sexual abuse support

Survivors in Transition is for anyone in Suffolk over the age of 18 who has experienced sexual abuse in their childhood.

Call on 07765 052282 or 01473 232499
Email support@survivorsintransition.co.uk
Visit www.survivorsintransition.co.uk

Veterans

Combat Stress provide support and advice to ex-service men and women
Call on **0800 138 1619**
Visit **www.combatstress.org.uk**

NHS Op Courage. The Veterans Mental Health and Wellbeing Service. Specialist care and support for service leavers, reservists, veterans and their families.
Email mevs@mhm.org.uk call on 0300 034 9991 or visit www.nhs.uk/nhs-services/armed-forces-community/mental-health/veterans-reservists/

Norfolk and Suffolk Foundation Trust (NSFT) Veterans Integrated Service delivers wellbeing support services. Visit www.nsft.nhs.uk/service-details/service/veterans-integrated-service-139



Section 7: Suicide Prevention

Suicide can affect anyone. The impact of suicide is devastating and wide-reaching. For those living with suicidal thoughts, feeling inner turmoil and pain, or feeling trapped can mean that taking their own life becomes an option.

Losing a loved one to suicide is hugely traumatic with common feelings being stigma, shame and 'could I have done something to change the outcome'?

It may feel hard to ask someone directly if they are thinking of taking their own life but enabling that person to talk about how they are feeling may make all the difference.

National Suicide Prevention Helpline UK

The National Suicide Prevention Helpline UK offers a supportive listening service to anyone with thoughts of suicide. Call the National Suicide Prevention Helpline UK on 0800 689 5652 (6pm to midnight every day).

www.spuk.org.uk/national-suicide-prevention-helpline-uk

CALM

CALM (Campaign Against Living Miserably) is a suicide prevention charity for men and boys who need to talk to someone. Call 0800 58 58 58 or use the Webchat service

www.thecalmzone.net/get-support

Bereaved by Suicide Support Service

Losing someone to suicide can feel overwhelming. For anyone in Suffolk impacted by the loss of someone taking their own life there is a free and confidential listening service. Call 0300 330 1389

www.mnessexmind.org/bereavedbysuicide/

The OLLIE Foundation

The OLLIE Foundation is a suicide prevention and well-being charity dedicated to reducing the stigma surrounding suicide, and promoting prevention and interventions, particularly among young people.

theolliefoundation.org/help-and-advice/

StayAlive

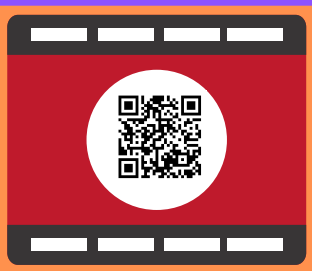
StayAlive is an app full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. The app includes a safety plan, customisable reasons for living, and a life box where you can store photos that are important to you.

www.stayalive.app

More information on suicide prevention can be found on the Healthy Suffolk website

www.healthysuffolk.org.uk/healthy-you/suicide-prevention

Watch the suicide prevention video titled 'LISTEN' which gives examples of things you could do for someone who is having suicidal thoughts and feelings.



Section 8: Safeguarding

Children & adults at risk of abuse, harm or neglect

If an adult or child is in immediate danger of harm dial 999



If you believe someone may be at risk of abuse, harm or neglect, then the Suffolk Safeguarding Partnership has a helpful guide on what to do.

www.suffolksp.org.uk

Getting advice

If you would like to talk to someone about whether to make a safeguarding referral for an adult or a child, you can contact Customer First on 0808 800 4005. They'll discuss the best way of helping someone you feel is at risk of abuse, harm, or neglect.

To make a referral...

For a child: please use the Live chat function, which you'll see as a link on the bottom right of the MASH website.

For professionals working with Children or Adults: please call the Professional Consultation line on 0345 6061499. It's available Monday - Thursday: 9:00am to 5:00pm and Friday: 9:00am to 4:25pm

www.suffolk.gov.uk/care-and-support-for-adults/protecting-people-at-risk-of-abuse/mash

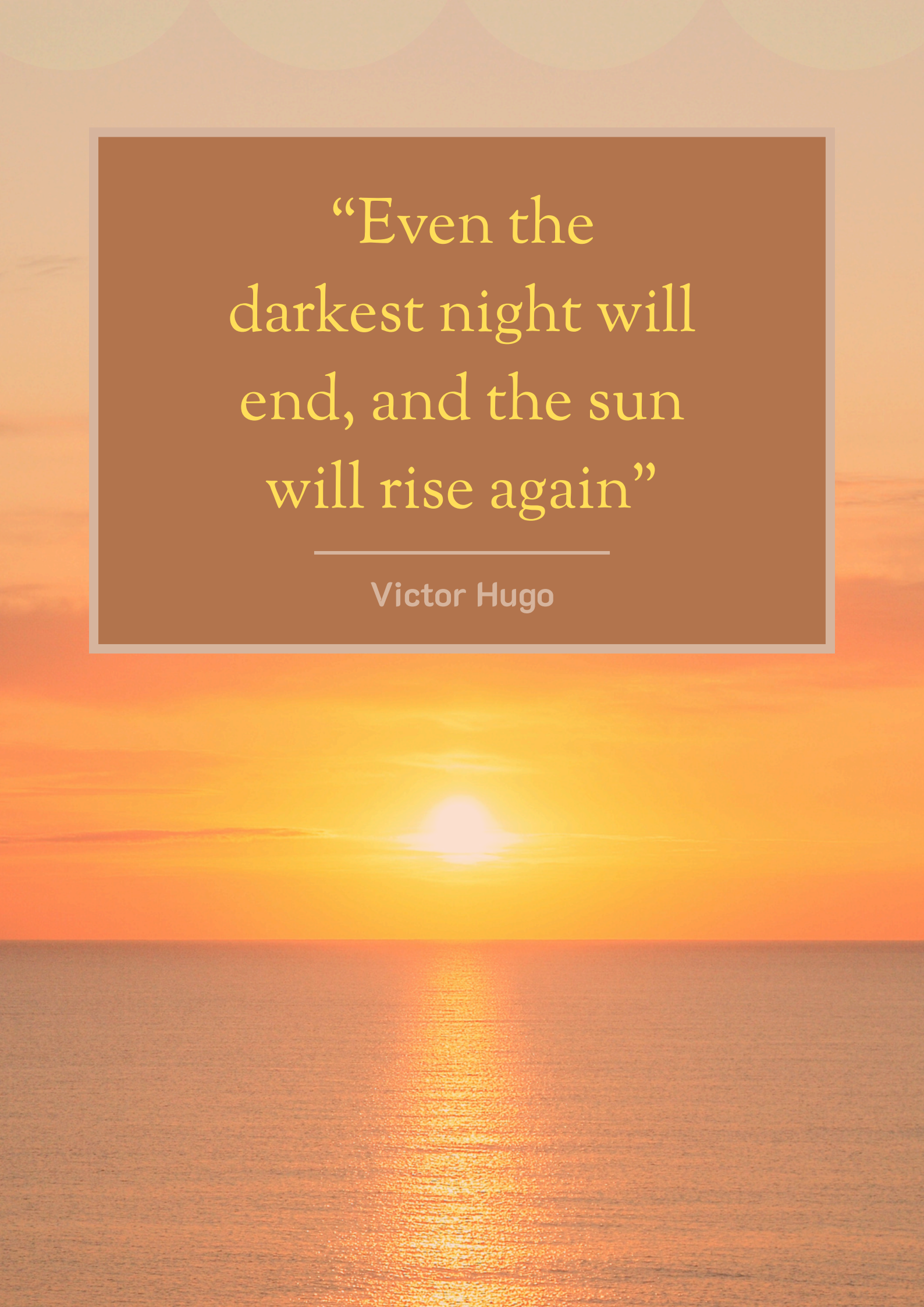
Making a referral

To make a referral for a child at risk of abuse, harm or neglect - or any other concerns.
earlyhelpportal.suffolk.gov.uk/web/portal/pages/marf

To refer an adult at risk of harm due to self-neglect or hoarding
earlyhelpportal.suffolk.gov.uk/web/portal/pages/adultsnhoarding

To make a referral for an adult who needs advice, guidance or general help, or to discuss someone's care and support needs.
adultcareportal.suffolk.gov.uk/web/portal/pages/assess

To refer an adult at risk of abuse, harm, or neglect
earlyhelpportal.suffolk.gov.uk/web/portal/pages/adultsa


“Even the darkest night will end, and the sun will rise again”
Victor Hugo