

# Children & Young People's Emotional Well Being Plan 2020

The Source is an online resource for children and young people which provides information, advice and support on issues young people may face in their every day lives, from work and learning to health, relationships and more. Suffolk County Council have recently refreshed and updated the content on emotional health and wellbeing, with input from young people in schools across Suffolk. The Sources has information and advice on a range of mental health and well being topics such as:

- Anxiety
- Confidence and self-esteem
- Depression
- Eating disorders
- Self-harm
- Stress

## Ask the 4YP Expert

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

This is a new 1-1 live chat service for young people requiring support on issues affecting their emotional well-being—'Ask the 4YP Expert'.

Suffolk Young People's Health Project (4YP) have been commissioned by SCC in partnership with Ipswich & East Suffolk & West Suffolk Clinical Commissioning Group to run this service. This service is available in Ipswich on Tuesday, Wednesday and Thursday between 5.00pm and 7.00pm.

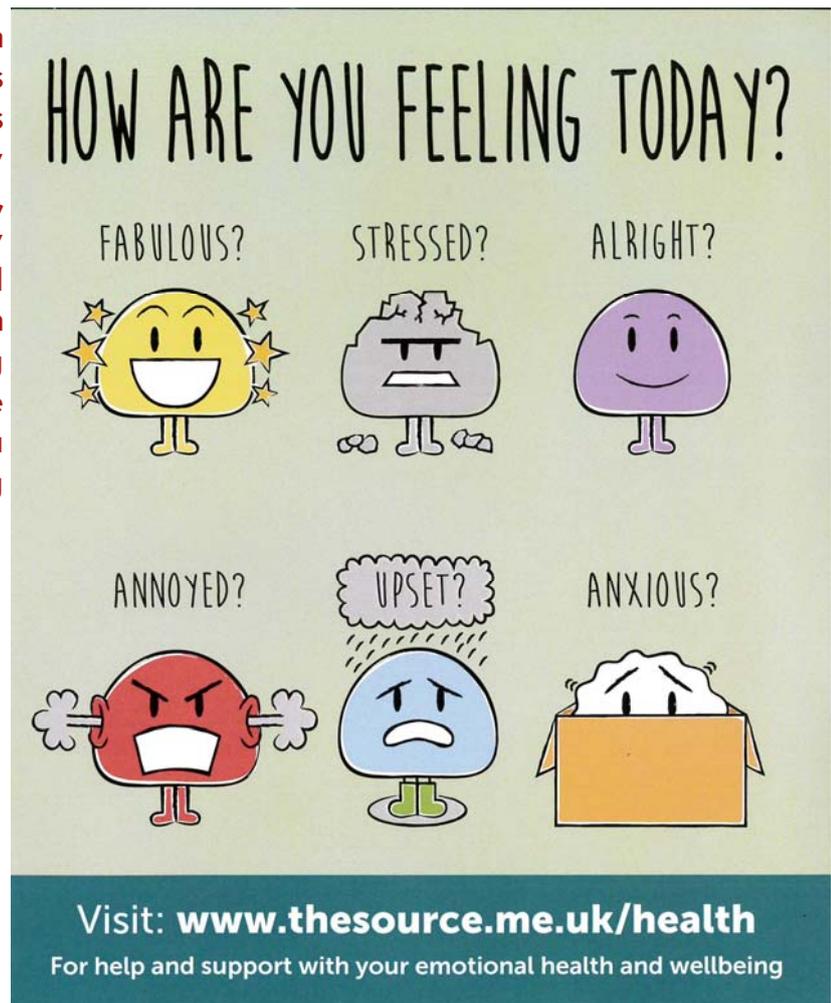
This new service is also contributing to the exploration of using technology to provide new ways of support and advice, as part of the Children and Young People's Emotional Well Being Plan 2020.

## ChatHealth

**Text Message Service: 07507-333356**

This is an easy way for young people aged 11-19 to confidentially ask for help about a range of issues, or make an appointment with a school nurse. Messages sent to the dedicated number are delivered to a secure website and responded to by the Suffolk School Nursing Team. Texts are charged at the usual network rate. A full response will be subject to staff availability during weekday office hours only.

To raise awareness of the range of support services available to students, posters have been provided to Heads of House and there are some pocket-sized cards on Student Services and main reception.



The School Nursing Team are in MR2 (next to the Main Hall) every Monday lunchtime.