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# Children and Young People's Emotional Wellbeing Hub

## General Details

The Emotional Wellbeing Hub provides information, advice, and guidance if you are worried about the emotional wellbeing and mental health of a child or young person aged 0-25 years. Or if you are a young person who needs emotional wellbeing support.



The Emotional Wellbeing Hub is a multi-agency team offering a central point of contact for families, professionals, and young people to access mental health services or to discuss concerns about the emotional wellbeing of a child or young person in East or West Suffolk.

## What can I expect from you?

- Discuss your concerns/needs with one of our clinical practitioners.
- Offer guidance, information and advice that could support you.
- Signpost you to local support services. Referral to more specialist mental health services where required.

## What support do you offer carers including friends and family?

- Discuss your concerns/needs with one of our clinical practitioners.
- Offer guidance, information and advice that could support you.
- Signpost you to local support services.

## I need help urgently! Who do I call?

Contact the First Response Team on 08081963494

## Who to contact

### Name

Emotional Wellbeing Hub

### Telephone

0345 600 2090, (Open Monday to Friday 8am – 8pm). Christmas opening times: Closed both Christmas Day, Boxing Day, Monday December 27, Tuesday December 28, and New Years Day.

### Website

[Emotional Wellbeing Hub page via the Emotional Wellbeing Gateway website](#)

## Where to go

### Address

Suffolk County Council, Landmark House  
White House Road  
Ipswich  
Suffolk

**Postcode**

IP1 5PB

**Area served**

Saxmundham, Haverhill, Ipswich, Hadleigh, Halesworth, Stowmarket, Southwold, Kesgrave, Bury St Edmunds, Eye, Mid Suffolk, Thurston, Sudbury, Leiston, Newmarket, Framlingham, Woodbridge, Felixstowe, Mildenhall, Needham Market

## Days & Times

Open Monday to Friday 8am – 8pm.

**Time of day**

Morning

Afternoon

Evening

## Other details

**Cost Details**

Free and confidential service

**Referral required?**

Yes

**Referral and availability notes**

Referral to our service is via the Emotional Wellbeing Hub online via the [Emotional Wellbeing Gateway](#) or via phone 03456002090

**Age Groups**

Pre-school, 16-25 years, Children (5-11), Young people

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## Local Offer



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