

The UK Youth Parliament for young people:
www.ukyp.org.uk

Citizens Advice Bureau:
www.adviceguide.org.uk

Designed by, and for, disabled young people in
Suffolk: www.nolimits.org.uk

Discussion forum for the black and minority
ethnic communities: www.blink.org.uk

Advice about crime and the law written by
young people: www.rizer.co.uk

Housing and homelessness

If you're homeless, or think you might become
homeless, call any of the following numbers:

Suffolk Youth and Connexions Service:
Freephone **0800 085 4448**

Shelter Essex & Suffolk Housing Aid Centre:
0800 085 1798

IHAG (Ipswich Housing Action Group):
01473 213 102

CHAG (Coastal Homeless Action Group)
Felixstowe (Mon to Fri, 9.30am - 12.30pm):
01394 276115

Woodbridge (Wed, 9.30am - 12.30pm):
Contact Saxmundham office on **01728 602529**
for an appointment

Saxmundham (Mon to Fri, 9.30am - 12.30pm):
01728 602529

Shelter helpline **0808 800 4444** or visit
www.shelter.org.uk

Youth and Connexions

We offer impartial information, advice,
guidance and support for young people aged 13
– 19 and up to 25 if they have additional needs.

You can talk to one of our advisers or youth
workers about what you want to do. They will
talk to you about the options available and help
you, if you need it. www.thesource.me.uk

Other leaflets

We have a range of other leaflets listed below
available in youth clubs, schools, colleges, drop
in centres or by phone and email.



Plus, you can **text** the word **SOURCE**,
followed by your name, address,
postcode and the leaflet you want to
60006 – it's that easy!

- ▶ Benefits for young people seeking work
- ▶ Choose your own path - choices after Year 11
- ▶ Fighting the stress of exams
- ▶ Finding work
- ▶ Free time – what to do in your spare time!
- ▶ Getting ready for exams (revision techniques)
- ▶ Guide to qualifications
- ▶ HE student finance (plus tips on managing
your money)
- ▶ Healthy living
- ▶ How to apply for jobs online
- ▶ Personal safety outside and online
- ▶ Preparing for an interview
- ▶ Starting work
- ▶ Travel and transport (plus owning a vehicle)
- ▶ Volunteering / gap year

You will be charged the cost of a standard text
message and your text will be used for this
purpose only.

www.thesource.me.uk

by young people, for young people

Contact us

You can always visit our drop-in centres, call
us on Freephone **0800 085 4448** or email
youthandconnexions@suffolk.gov.uk

It's all about services for young people!

Youth and Connexions is part of the Youth Offer
for young people in Suffolk. Find out more at

www.thesource.me.uk/suffolkyouthoffer

إذا كنت شاباً تعيش في مقاطعة سافولك و تريد ترجمة لبعض أو كل
المطبوعات فالرجاء الإتصال بالرقم 01473 260180

আপনি যদি তরুণ বয়সের একজন ব্যক্তি সাহায্যে থাকেন ও
এই লিফলেটের সবগুলি বা কিছু অনুবাদের আকারে পেতে
চান তাহলে অনুগ্রহ করে 01473 260180 নম্বরে ফোন করুন।

如果你是居于修福郡的年青人而又希望得到全部或部份这些印刷品
的翻译本, 请致电 01473 260180

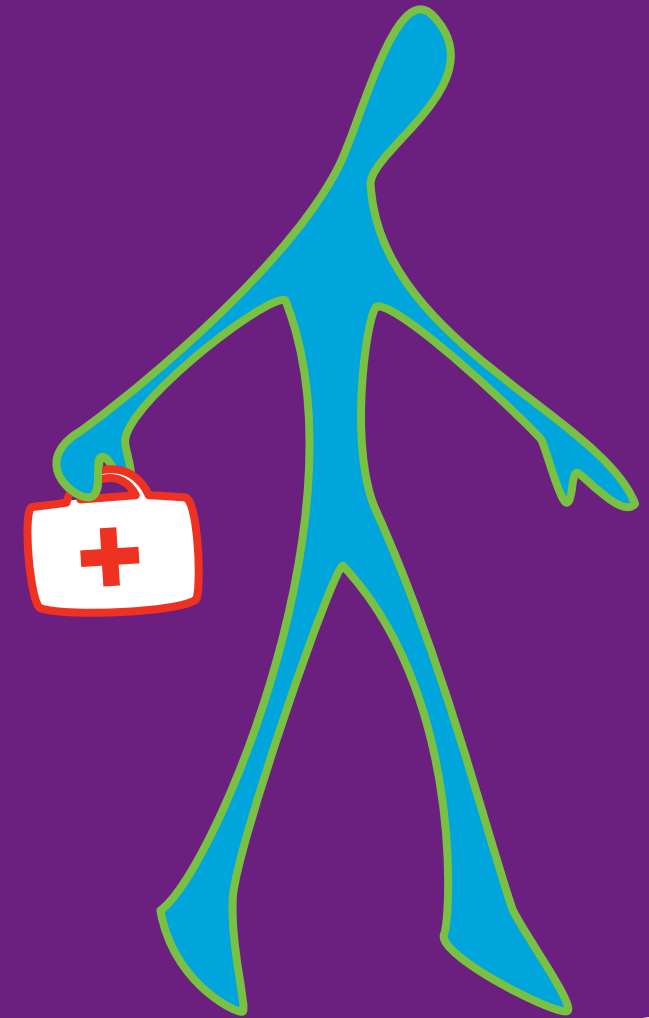
Se você é um(a) jovem que vive em Suffolk e gostaria
de obter este impresso traduzido (ou parte dele), por
favour ligue para 01473 260180.

If you would like a copy of this leaflet in an
alternative format, please call 01473 260180.

connexions

Lifestyle

health, housing, law...
- who to contact when you need to!



Useful numbers



Connexions Direct advisers are available to offer information, advice and support to young people aged 13-19 between 8am and 2am everyday. You can call them on **080 800 13219**.

If you would like to talk to someone about anything you can call ChildLine on their free confidential helpline on **0800 11 11**.

We've also included the following helplines, because they can provide dedicated help and support.

Muslim Youth helpline: **0808 808 2008**
Suffolk Gay and Lesbian helpline:
0808 808 2322
Suffolk Young Carers: **01473 835 430**

Drugs and substance misuse

If you think **drugs, solvents and alcohol** are beginning to affect you, or if you're concerned about a friend, there are professional people who can help.

NORCAS youth service for young people affected by drug/alcohol misuse: **01502 513444** or **youth@norcass.org.uk**

Al-Anon & Alateen - support for families or friends of problem drinkers: **020 7403 0888**

FRANK (national drugs helpline) **0800 77 66 00** or **www.talktofrank.com**
You can also text a question to **FRANK on 82111**

National Association for Children of Alcoholics helpline **0800 358 3456** or **www.nacoa.org.uk**

Re-Solv, is a charity who can help young people who are addicted to sniffing things like aerosols, petrol or cleaning products.
www.sniffing.org.uk or call **01785 810762**

Using your mobile

You will be charged your standard rate if you call a 0800, 0845 or 0500 number from your mobile.

Smoking

Want some help in kicking the habit?

Suffolk Stop Smoking Service:
0800 085 6037
(Mon – Thurs, 9am - 5pm. Fri, 9am - 4pm)

Quitline: **0800 00 22 00**

NHS Pregnancy Smoking helpline:
0800 169 9 169

If you would like to stop and stay stopped, visit:
www.gosmokefree.co.uk or
www.quit.org.uk

Sexual Health and contraception

- 1 There is nothing wrong with not wanting sex at all - and it's the best way to stay safe.
- 2 Safer sex helps reduce the risk of getting pregnant accidentally.
- 3 Contraception like condoms will help protect against sexually transmitted infections (STIs) such as Chlamydia and HIV.

You can find out more by talking to a school nurse, youth worker or to your GP. You can also visit a drop-in clinic for help with choosing the right contraception. For free, confidential and

non-judgmental advice, call Sexwise on **0800 28 29 30**.

For information about local help and support, access to free condoms, plus a confidential email advice service, go to **www.yפש.net**

Healthy Living

Keeping healthy makes you look good and feel great!

For advice about your weight, diet or other general health issues, try talking to a GP or school nurse.

NHS Direct

Gateway to health information; call the confidential helpline for general health advice **0845 4647** or visit **www.nhsdirect.nhs.uk**

Beating eating disorders

Help and understanding for young people with eating disorders and their families:
Youthline 0845 634 7650 or
www.b-eat.co.uk/YoungPeople/Home

Sickle Cell Society: **020 8961 7795**

Diabetes UK, Eastern office: **01376 501390**

Epilepsy helpline: **0808 800 5050**

Suffolk Dyslexia Association: **01394 279709**

Stressed about exams, family, relationships or friends?

There are many support services that will listen and offer some practical advice to you.

Samaritans: **08457 90 90 90**
Textphone : **08457 90 91 92**



TALKadoption - for anyone who wants to talk about anything to do with adoption, call: **0808 808 1234**

Lone Parent helpline (Mon to Fri, 9am – 5pm, Wednesday 9am – 8pm): **0800 018 5026**

Cruse - the national bereavement organisation: **0808 808 1677**

Gambling

For most people gambling isn't a problem, but when the need to win affects the way you behave, it is time to recognise that you may have an addiction.

Gamcare:
0845 6000 133 or **www.gamcare.org.uk**

Gamblers Anonymous:
020 7384 3040 or
www.gamblersanonymous.org.uk

Law, your rights and citizenship

Equal opportunities, understanding your rights and responsibilities as a member of society and crime.

Stop a stolen mobile from being used:
08701 123 123

Report a crime anonymously: **0800 55 111**

The Children's Legal Centre freephone number for young people: **0800 783 2187**

Ipswich & Suffolk Council for Racial Equality (ISCRE) **01473 408 111**