



Barnardo's Emotional Wellbeing Support Services Helpline

We put children, young people and families first.
Need to be heard? We're listening.

**For emotional wellbeing information, signposting,
resources and support within East and West Suffolk.**

**Call the Barnardo's Helpline Advisors on
03456 00 20 90 and press option 1.**

We are available Monday - Friday, 9am - 5pm

