

**You can Self-Refer to any of the following services**  
**For Advice and Support for your**  
**MENTAL & PHYSICAL HEALTH & WELLBEING**

**Age UK Suffolk**

*Age UK's vision is to make the UK a great place to grow older. We do this by inspiring, supporting and enabling in a number of ways.....* **Tel: 01473-351234**

**AHP Suffolk Physiotherapy**

*Providing physiotherapy services for patients in East Anglia.....* **Tel: 03330-433966**  
[www.ahpsuffolk.co.uk](http://www.ahpsuffolk.co.uk)

**iCASH Integrated Contraception & Sexual Health**

*iCASH clinics are self-referral, which means that a GP referral letter is not necessary. The service is free, confidential and non-judgemental.....* **Tel: 03001-233650**  
[www.icash.nhs.uk](http://www.icash.nhs.uk)

**ICENI Strengthening Families**

*All aspects of a family's development is addressed through a host of services to parents, including addiction assistance, domestic abuse & improving parent child relationships* [www.iceniipswich.org](http://www.iceniipswich.org)

**Living Life To The Full**

*With free courses covering low mood and stress and all of the most common linked problems this causes. Work out why you feel as you do how to tackle problems, build confidence, get going again, feel happier, stay calm, and tackle upsetting thinking and more.....* [www.llttf4suffolk.com](http://www.llttf4suffolk.com)

**One Life Suffolk**

*For weight loss, smoking cessation and other health improvements.....* **Tel: 01473-718193**  
[www.onelifesuffolk.co.uk](http://www.onelifesuffolk.co.uk)

**Podiatry**

*Apply on-line (please note that home visits require a GP referral).....* [www.podiatryreferrals.co.uk](http://www.podiatryreferrals.co.uk)

**Suffolk Children and Young People's Emotional Wellbeing Hub**

*Information, advice and support for anyone concerned about the emotional wellbeing and mental health of a child or young person aged 0 to 25 years.....* **Tel: 03456-002090**  
[www.suffolk.gov.uk/children-families-and-learning/suffolk-children-and-young-peoples-emotional-wellbeing-hub](http://www.suffolk.gov.uk/children-families-and-learning/suffolk-children-and-young-peoples-emotional-wellbeing-hub)

**Suffolk Mind**

*One in four people will experience a mental health problem each year and Suffolk Mind want to make Suffolk the best place in the world for talking about and taking care of mental health.*  
[www.suffolkmind.org.uk](http://www.suffolkmind.org.uk)

## Suffolk Night Owls

*Suffolk Night Owls is a telephone, text and email support service run by Suffolk Mind available in Suffolk to people with complex emotional needs, including those with a diagnosis of Personality Disorder or who present with behaviours typical of such conditions,*

*lines open between 7pm and 1am.....* **Tel: 03001-116000**

[www.suffolkmind.org.uk/services/suffolk-night-owls-telephone-support-line](http://www.suffolkmind.org.uk/services/suffolk-night-owls-telephone-support-line)

## Suffolk Family Carers

*Suffolk Family Carers is an established charity, helping family carers of all ages across Suffolk get the support they need to live fuller lives.....*

[www.suffolkfamilycarers.org](http://www.suffolkfamilycarers.org)

## Sue Ryder– Dementia Together

*If you have memory worries, are living with dementia, caring for someone who has dementia, or if you're a health professional, this website is here to help you.....*

**Tel: 08081-688000**

[www.dementia-together.com](http://www.dementia-together.com)

## Turning Point

*We work with anyone who is affected by drugs or alcohol and wants support to make change. We offer a variety of treatment options and will support you to find the right treatment for you.*

[www.wellbeingturningpoint.co.uk/suffolk](http://www.wellbeingturningpoint.co.uk/suffolk)

## Wellbeing Service

*If you're stressed, anxious, low or depressed, we can help.....*

[www.wellbeingnands.co.uk](http://www.wellbeingnands.co.uk)

## 4YP Support for Young People

*Suffolk Young People's Health Project (also known as 4YP) is a local charity, which provides and coordinates services that improve the social, emotional, and physical health and wellbeing of young people in Suffolk, aged 12-25.....*

[www.4yp.org.uk](http://www.4yp.org.uk)

## Other Useful Numbers

<b>Arthritis Care (Helpline)</b>	... ..	<b>0808-8004050</b>
<b>Blind – Ipswich Society</b>	... ..	<b>01473-219712</b>
<b>Citizens Advice Ipswich</b>	... ..	<b>03003-301151</b>
<b>Motor Neurone Disease</b>	... ..	<b>01359-241084</b>
<b>Samaritans</b>	... ..	<b>01473-21113</b>
<b>Stroke Club Ipswich</b>	... ..	<b>01473-743934</b>
<b>Suffolk Carers</b>	... ..	<b>01473-835400</b>
<b>The Red Cross</b>	... ..	<a href="http://www.redcross.org.uk">www.redcross.org.uk</a>
<b>Mobility Aids Loans</b>	... ..	<b>01473-219261</b>
<b>Support At Home</b>	... ..	<b>01473-702485</b>
<b>Support in Emergencies</b>	... ..	<b>01473-344924</b>

