



# Online help for Young People, Families & Professionals

Websites which contain lots of useful advice, guidance and signposting to other sites,  
for parents, young people and professionals



Information and advice for young people in Suffolk. Browse what Suffolk County Council believe are the best information and advice websites for young people.

<https://www.thesource.me.uk/>



A single place for Suffolk parents or carers to find parenting advice and support to help their child's development.

<https://www.suffolk.gov.uk/children-families-and-learning/childcare-information-and-support-for-parents-and-providers/parent-hub/>



YOUR SUFFOLK SCHOOL NURSING SERVICE

We provide a range of services to help you and your family stay safe, happy and healthy. Lots of information, guidance and signposting can be found on our site on the Suffolk County Council webpage.

<https://www.suffolk.gov.uk/children-families-and-learning/childrens-health/school-nursing/>



We provide a range of services to help you and your family stay safe, happy and healthy. You can also find lots of useful leaflets and resources on the Suffolk County Council webpage.

<https://www.suffolk.gov.uk/children-families-and-learning/childrens-health/>



Kooth offers emotional and mental health support for children and young people aged between 11 – 24 years and is available up to 10pm

<https://www.kooth.com/>



Parentchannel.tv

Watch our short videos for a wide range of instant parenting tips for parents /carers of children aged 0-19, with over 200 free videos addressing day-to-day questions and concerns on wellbeing, behaviour and learning.

<https://www.familylives.org.uk/how-we-can-help/parentchannel-tv>

