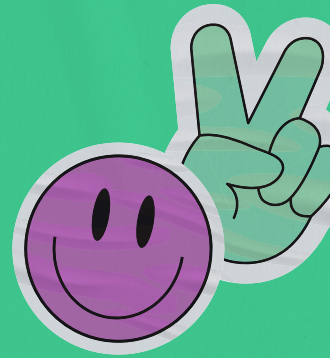




Wellbeing



Empowering positive thought and enabling positive outcomes, through improved mental wellbeing.

Feeling alone, anxious or unable to cope? **You are not alone.**

07720 087487

wellbeing@inspiresuffolk.org.uk

Inspire Wellbeing offers in-person and virtual counselling to young people, aged 10-25 in Suffolk and North & Mid Essex, who need someone to talk to.



“I want people to know that things can, and do, get better.”

Britney, aged 19



Scan to book an initial assessment

*This project has been funded by the North East Essex Health and Wellbeing Alliance. Funding is administered through CVS Tendring/C360. 'Inspire' is the trading name of Inspire Suffolk Limited. Address: Inspire Suffolk Ltd, Lindbergh Road, Ipswich, IP3 9GX. Registered in England and Wales: 04881803. Registered charity: England & Wales 1101519



We believe in youth