



Introducing new Barnardo's phonenumber service

For emotional wellbeing information, resources and support for parents, carers and young people.

**Call the Emotional Wellbeing Hub Helpline
Number on 0345 600 2090, and press option 2**

(Open Monday-Friday, 9am to 5pm)

emotionalwellbeinggateway.org.uk

**Believe in
children**
 **Barnardo's**

**Children &
Young People's
Emotional
Wellbeing**


Norfolk and Suffolk
NHS Foundation Trust



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