

Under 25?

Click, text or call for emotional wellbeing and mental health support in Norfolk and Waveney

Just One Norfolk

Just One Norfolk provides information, support and advice for children and young people aged 0-24 years old in Norfolk and Waveney.

Visit: www.justonenorfolk.nhs.uk or scan the QR code



The Source Suffolk

The Source provides information, support and advice for young people aged 11-19 years old (up to 25 for young people with additional needs) in Suffolk.

Visit: thesource.me.uk or scan the QR code



Just One Number

Call for advice and support for children and young people aged 0-24 years old in Norfolk and Waveney.

Call: 0300 300 0123

ChatHealth Norfolk

A secure text messaging service for 11-19 year olds to confidentially ask for help about a range of issues and find out how to access local support.

Text: 07480 635060

TO GET HELP IN A CRISIS - Call 111 and select the mental health option

How to get help in a crisis for all ages:

- For 24/7 immediate advice and support, phone 111 and select the mental health option
- Text SHOUT, a 24 hour crisis text support line - Text 85258
- In the event of a life threatening situation, phone 999.

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Drop in for emotional wellbeing and mental health support



MAP drop-in locations:

MAP provides all round support for 11-25 year olds, find a drop-in below:

- Great Yarmouth: 52a Deneside, Great Yarmouth, Norfolk, NR30 2HL
- King's Lynn: 8 High Street, King's Lynn, Norfolk, PE30 1BX
- Norwich: Risebrow Centre, The Risebrow Centre, Chantry Road, Norwich, Norfolk, NR2 1RF

Find out more here:

- www.map.uk.net/here-you or call 0800 0744454

REST Wellbeing Hubs:

REST Wellbeing Hubs are a safe space for 18+ year olds to get support for mental health:

- REST Norwich: Churchman House, 71 Bethel Street, Norwich, NR2 1NR
- REST Aylsham: 1 Red Lion Street, Aylsham, NR11 6ER
- REST Thetford: Breckland House, St. Nicholas Street, Thetford, IP24 1BT
- Café and Crisis Sanctuary: 16 Riverside Walk, Thetford, IP24 2BG

Find out more here:

- www.restnorwich.co.uk or call 0300 330 5488

STEAM House cafés:

Wellbeing cafés are a safe space for 18+ year olds to get support for mental health:

- Steam Café, Gorleston: 140 High Street, Gorleston, Great Yarmouth, NR31 6RB
- Steam Café King's Lynn: 102 High Street, King's Lynn, PE30 1BW

Find out more here:

- www.steamhousecafes.co.uk or call 07435 993407 (Gorleston) or 07388 377827 (King's Lynn)

Free Recovery courses and workshops

The Recovery Colleges provide free educational workshops and courses. They are open to everyone and are designed to support people on their mental health recovery journey. The Discovery College is designed specifically for 16-25 year olds and offers free educational online courses and webinars on mental health topics.

Find out more here:

- www.nsft.nhs.uk/about-recovery-college or call 0300 303 4419