

Mental health issues?

- [NHS 111 option 2](#)
- www.kooth.com
- [Text SHOUT to 85258](#)
- [Young minds](#)

Feeling desperate?

- [Samaritans - 116123](#)
- <https://www.papyrus-uk.org>
- [Childline - 0800 1111](#)

All sorts of advice for parents on all sorts of things

- [Just One Norfolk](#) -0300 300123

WHERE TO GO FOR HELP OVER THE HOLIDAYS

Sometimes things happen over the holidays and it's hard to know where to turn. All of the links on this page will support both parents and children

Concerned about the safety of a child?

- Childrens' Services - 0344 800 8020
- NSPCC - 0808 800 5000

IN AN EMERGENCY CALL 999

Family relationships

- [Family mediation service](#) – 01603 620588
- [Family Lives](#) – 0808 800 2222

Financial issues

- [Norfolk Assistance Scheme](#) – 03448008020
- [Norwich Foodbank](#) – 0800 3651123

General support

- [MAP](#) – 0800 074 4454 (11-25)
- [Nelson's Journey](#) - 01603 431788 (for support if someone dies)