

Bereavement

- [Nelsons Journey](#)
01603 431788

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.

Health Issues

- [Just One Norfolk](#)
[0300 300123](#)
- [Call 111](#)

Mental health issues?

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

Concerned about the safety of a child?

- Childrens' Services 0344 800 8020
- [NSPCC – 0808 800 5000](#)
- [IN AN EMERGENCY CALL 999](#)

Feeling desperate?

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

Drug related issues

- [Talk to Frank](#)
- [Matthew Project](#)

Gender issues

- [Norfolk LGBT Project](#) – LGBTQ+

CNS Safeguarding

In an emergency where the school needs to be involved / aware

a.innes@cns-school.org
07799625735

Sexual issues

- [Brook](#) – general advice
- [Shorespace](#) – harmful behaviour
- [Harbour Centre](#) – sexual assault