Norfolk County Council

Get Help Norwich Area

Wellbeing

Samaritans
126 123

NHS First Response
0808 196 3494

Wellbeing Service
0300 123 1503

Parenting

Family Lives
0808 800 2222

ECFS (ages 0-5)
0344 800 8020

Parentline
Text 07520 631590

Health

Just One Norfolk
0300 300 0123

NHS Online 111
111

The Matthew Project
01603 626 123

Caring

Norfolk Family Carers
01603 219924

Carers Matter
0800 083 1148

Short Breaks
0344 800 8020

Safety

Worried about a child's safety?
Children's Services 0344 800 8020
or NSPCC 0808 800 5000
In an emergency 999

Food Banks

Norwich Area
01603 251733

Community Fridge at The Feed
01603 850447

Norwich Food Network

Money Matters

Money Advice Hub
0333 305 7648

Norfolk Assistance Scheme
01603 223392 #5

Christians Against Poverty
0800 328 0006

Housing Advice

Norwich Housing
0344 980 333

Shelter
0344 515 1860

Citizen Advice Norwich
0800 144 8848

Relationships

Norfolk Family Mediation
01603 62588

Norfolk Community Law Service
01603 496623

National Domestic Abuse Helpline
0808 2000 247