

(C) Get Help

Samaritans 116 123

<u>Lily</u> 015<u>53 616200</u>

Wellbeing Service 0300 123 1503



Wellbeing

Family Lives
Helpline
0808 800 2222

ECFS (ages 0-5) 0344 800 8020

Parentline Text 07520 631590



Parenting

Just One Norfolk 0300 300 0123

NHS 111 Online

Change Grow Live 01603 514096



Health

West Norfolk
Carers

01553 768155

Carers Matter 0800 083 1148

Short Breaks 0344 800 8020



Caring



Worried about a child's safety?

Children's Services 0344 800 8020 or NSPCC 0808 800 5000 **In an emergency 999**



Food Banks

King's Lynn 07582 558143

Hunstanton 07795 491154

Downham Market 07707 191674



Money Matters

Money Advice Hub 0333 305 7648

Norfolk Assistance Scheme 0344 800 8020

Christian's
Against Poverty
0800 328 006



Housing Advice

West Norfolk
Housing
01553 616200

Shelter (King's Lynn) 0344 515 1860



Relationships

Norfolk Family
Mediation
01603 620588

Norfolk Community
Law Service
01603 496623

<u>Abuse Helpline</u> 0808 2000 247