



Get help

Samaritans

116 123

NHS First Response

0808 196 3494

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

111

Change Grow Live

01603 514096



Health

Norfolk Family Carers

Carers

01603 219924

Carers Matter

0800 083 1148

Short Breaks

0344 800 8020



Caring



Safety

Worried about a child's safety?

Children's Services 0344 800 8020

or NSPCC 0808 800 5000

In an emergency 999



Food Banks

Thetford / Watton / Attleborough area

0844 288 9618

Dereham / Swaffham

01362 850624



Money Matters

Money Advice Hub

0333 305 7648

Norfolk Assistance Scheme

0344 800 8020

Christian's Against Poverty

0800 328 0006



Housing Advice

Breckland Housing Hub

01362 625870

Shelter

0344 515 1860

The Crossing

01842 818361



Relationships

Norfolk Family Mediation

01603 620588

Norfolk Community Law Service

01603 496623

National Domestic Abuse Helpline

0808 2000 247