

Useful organisations for advice

Managing our wellbeing



- ❖ The NHS site has advice about Coronavirus, including symptoms, testing, vaccination and staying at home. www.nhs.uk/conditions/coronavirus-covid-19/
- ❖ Mind has lots of resources, including advice on managing our wellbeing. www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/
- ❖ Active Norfolk is a charity with information about increasing physical activity, including exercising at home. www.activenorfolk.org/

If we are feeling unsafe

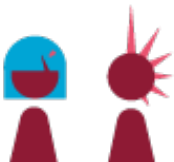


- ❖ Contact your GP for an urgent appointment
- ❖ Contact NHS 111 Crisis Line (24/7, 365 days a year) by calling 111 and selecting option 2.
- ❖ Call the Samaritans 116 123 (open 24/7) or email jo@samaritans.org
- ❖ www.prevent-suicide.org.uk which also has a free App
- ❖ CALM Helpline for men 0800 58 58 58 (5pm-midnight)



- ❖ Text Shout to 85258. Shout is a free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help www.giveusashout.org
- ❖ This site has lots of info for domestic violence, and a 'quick exit' <https://safelives.org.uk/news-views/domestic-abuse-and-covid-19>
- ❖ Leeway are a Charity providing support for domestic abuse in Norfolk and Suffolk. www.leewayssupport.org/ or call 03005610077.

Supporting Children and Young Adults



- ❖ The current situation is difficult for many children and parents/carers. nosycrow.com has a book (and audiobook) explaining coronavirus.
- ❖ www.justonenorfolk.nhs.uk is a website created by the Children and Young People's Health Services, providing support and advice for children and families in Norfolk. You can call them on 0300 300 0123

Support with Drugs and Alcohol misuse



- ❖ The Matthew Project supports children and young adults across Norfolk, Suffolk and Essex with substance misuse issues and wellbeing. Further information can be found by visiting www.matthewproject.org/adult-team/ or calling 0300 790 0227
- ❖ Change Grow Live (CGL) provide support for alcohol or substance misuse in Norfolk. Call 07500 833609 or visit www.changegrowlive.org/get-help/content/norfolk-alcohol-drug-behaviour-change-service
- ❖ Turning Point support substance and alcohol misuse in Suffolk. More information at wellbeing.turning-point.co.uk/suffolk/

Other organisations which may help



- ❖ Age UK is a charity which offers help and advice to older people. <https://www.ageuk.org.uk/information-advice/coronavirus/>
- ❖ With the current changes to work and businesses, many of us are feeling anxious about finances. <https://www.gov.uk/coronavirus> provides some advice on money and benefits.
- ❖ The Money Advice Service provides free impartial money advice. www.moneyadviceservice.org.uk/en/articles/coronavirus-and-your-money
- ❖ Norfolk Community Law Service provides legal and debt advice for; Offenders, ex-offenders, their families, people with mental health problems, people with learning disabilities, physical disability or long-term illness. Further information at www.ncls.co.uk/



The Wellbeing Service can help

The Wellbeing Service support improving wellbeing and managing stress, low mood and anxiety. Our service is available online and over the phone. Support can include;

- ❖ Assessment and signposting to other services, including counselling.
- ❖ Peer Support Workers providing support using their own experiences
- ❖ Employment Advisors offering advice/ guidance about employment
- ❖ We run free online social events to support our wellbeing. These can be found here: www.wellbeingnands.co.uk/norfolk/communitydevelopmentteam/social-events/



If you would like further support: **call us on 0300 123 1503** or **visit our Website at www.wellbeingnands.co.uk** to see what we can offer.