

## Information and Support

### **General Advice & Support Service**

#### **Citizens Advice**

0800 144 8848 (England Adviceline)

0800 702 2020 (Wales Adviceline)

18001 0800 144 8884 (textphone)

[citizensadvice.org.uk](http://citizensadvice.org.uk)

Free, confidential information and advice on your rights, including money, housing, experiences of discrimination and other problems.

#### **Food Banks**

<https://northnorfolk.foodbank.org.uk/>

#### **Financial Guidance**

<https://moneyadvicetrust.org/>

<https://www.stepchange.org/>

<https://www.moneysavingexpert.com/>

#### **Bereavement**

<https://www.cruse.org.uk/get-support/>

<https://www.childbereavementuk.org/>

#### **Relationships**

<https://www.relate.org.uk/>

#### **Addiction Support**

Alcoholics Anonymous (AA)

0800 9177 650

[help@aamail.org](mailto:help@aamail.org) (email helpline)

[alcoholics-anonymous.org.uk](http://alcoholics-anonymous.org.uk)

Help and support for anyone with alcohol problems.

#### **We Are With You**

[wearewithyou.org.uk](http://wearewithyou.org.uk)

Supports people with drug, alcohol or mental health problems, and their friends and family.

#### **Gambling**

<https://www.gamblersanonymous.org.uk/>

### **Mental Health Crisis Support**

Samaritans

116 123 (freephone)

[jo@samaritans.org](mailto:jo@samaritans.org)

[samaritans.org](http://samaritans.org)

Samaritans are open 24/7 for anyone who needs to talk.

Shout - 85258 (text SHOUT)

[giveusashout.org](http://giveusashout.org)

Confidential 24/7 text service offering support if you're in crisis and need immediate help.

### **Mental Health Support and Guidance**

Mind Infoline

0300 123 3393

[info@mind.org.uk](mailto:info@mind.org.uk)

Free and confidential information about support and services in your area, including advocacy support.

### **Abuse**

Support for Survivors

0115 962 2722

[hello@supportforsurvivors.org](mailto:hello@supportforsurvivors.org)

[supportforsurvivors.org](http://supportforsurvivors.org)

Support for adult survivors of child abuse.

Victim Support

0808 168 9111

[victimsupport.org.uk](http://victimsupport.org.uk)

Provides emotional and practical support for people affected by crime and traumatic events.

### **Abuse support for children and young people**

Childline - 0800 1111

[childline.org.uk](http://childline.org.uk)

Support for children and young people in the UK, including a free helpline and 1-2-1 online chats with counsellors.

YoungMinds - 0808 802 5544 (Parents Helpline)

85258 (text the word 'shout')

[youngminds.org.uk](http://youngminds.org.uk)

Provides advice and support to young people for their mental health, as well as supporting parents and carers.

### **Abuse support for people with a learning disability**

Mencap - 0808 808 1111 (Learning Disability Helpline)

[mencap.org.uk](http://mencap.org.uk)

Information and advice for people with a learning disability, their families and carers. Services include an online community.

### **Domestic Abuse**

#### **Domestic abuse support for adults**

The Dash Charity 0175 354 9865

[thedashcharity.org.uk](http://thedashcharity.org.uk)

Information, a helpline, advocacy services and legal support for adults who have experienced domestic abuse.

#### **Domestic abuse support for children and young people**

The Hide Out [thehideout.org.uk](http://thehideout.org.uk)

Information to help young people understand domestic abuse, and what to do if it's happening to them. Run by domestic abuse charity Women's Aid.

**Domestic abuse support for men** : Men's Advice Line - 0808 801 0327

[mensadviceline.org.uk](http://mensadviceline.org.uk)

Confidential advice and support for men who have experienced domestic violence and abuse by a current or ex-partner or family member.

#### **Domestic abuse support for women**

Refuge -0808 2000 247

[refuge.org.uk](http://refuge.org.uk)