

# Norfolk Emotional Wellbeing and Support Services



## Wellbeing - Self Refer

The Wellbeing Service provides a range of support for people with common mental health and emotional issues, such as low mood, depression or stress.

Non emergency contact number

0300 123 1503 - lines open 8am-6pm

## Op COURAGE

Is an NHS mental health specialist service designed to help serving personnel due to leave the military, reservists, armed forces veterans and their families.

Call: 0300 323 0137

Email: [mevs.mhm@nhs.net](mailto:mevs.mhm@nhs.net)



## Norfolk & Waveney Mind

Whether it's you, someone in your family, a friend or a work colleague, Mind can support you.

Call: 0300 330 5488 – Option 1 where you will be met by a Recovery Triage Operator who will support you to find the service or intervention that is right for you.

## MensCraft

Norfolk's leading charity focusing exclusively on the health and wellbeing of men. MensCraft support men facing life's challenges or experiencing difficulties with their mental health.

Call: 0800 208 8382



## Wellbeing Hubs

The Wellbeing Hubs across Norfolk and Waveney are a safe space to get support for your mental health and wellbeing in your community

# Norfolk Emotional Wellbeing and Support Services

## Side By Side

Mind's online community

It's a powerful thing to connect with someone else over shared experiences. Side by Side is an online community where you can listen, share and be heard.



## You Are Not Alone (YANA)

Support for those in farming.

Call: 0300 323 0400

Email: [helpline@yanahelp.org](mailto:helpline@yanahelp.org)

## Shout!

Self referral. Free crisis text line, text NORFOLK to 85258



## Just One Norfolk

Child and young people's support

Call: 0300 300 0123

## PAPYRUS

Help for young people considering suicide

Call: 0800 068 41 41

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

Text: 88247



## 8:56 Foundation

It's Time to Talk.

8:56 isn't just about the time, it's about the journey.

The 8:56 represents strength, support and a sense of belonging.