

Support - it's still there over the holiday



kooth
Free. Safe. Anonymous.

Kooth is an online Mental Health platform for young people. Need to talk? Chat to our friendly counsellors.

Articles & Advice Live Chat Live Forums

<https://kooth.com> go!

Kooth offers advice on the go. We're by your side when you need us most, for ages 11 - 25.

available in your area



ChatHealth Norfolk

CONFIDENTIAL SUPPORT

Struggling to cope with anxiety and concerns about the current situation?

Have some issues staying healthy and feeling good? Or just not feeling safe at the moment... We are here for you!

For Young People 11-19

TEXT: 07480 635 060



Anna Freud National Centre for Children and Families

shout

In crisis? Need support?

24 hours a day
7 days a week

Text AFC to 85258

Text the free, anonymous crisis textline

All texts are answered by trained volunteers, with support from experienced clinical specialists



WORRIED? WE'RE HERE TO LISTEN

Call Childline on 0800 1111 or visit childline.org.uk/kids

childline

Whatever your worry, tell us and a friendly person will be there to listen. If it's late, you don't have to tell us your name, and we're here all day and night.

0800 1111 (Mon-Fri 9am-5pm, Sat 10am-2pm)
childline.org.uk



SEE SOMETHING HEAR SOMETHING SAY SOMETHING

These are difficult times and families are under huge amounts of pressure - we are here to help.

If you hear something or see something that makes you feel worried about a child living nearby, please let us know.

0344 800 8020

In an emergency call 999

Help us to keep Norfolk's children safe

Norfolk County Council



Worried about how you're feeling?

Check out: youngminds.org.uk/find-help

YOUNG MINDS



Beat
Eating disorders

FREE TO CALL - 365 DAYS A YEAR

Over 16: 0800 801 0677

Under 16: 0800 801 0711

@beatEatingDisorders



We are still open for bereaved children in Norfolk

01603 431788

enquiries@nelsonsjourney.org.uk

Nelson's Journey



If you are a Young Carer or you think your child, relative or friend might be, we're here to help with 1:1 support for you and your family.

- Get support for the person you care for
- Connect with local groups, services and other Young Carers
- Get the right support at school or college
- Look after your health and wellbeing
- Understand your rights

Call our free Advice Line on 0800 083 1148

(Mon-Fri 9am-8pm, Sat 10am-2pm)
Register for support at www.youngcarersmatternorfolk.org

info@carersmatternorfolk.org
Text only - 07537 417850

@CarersMatterNfK
youngcarersmatternorfolk
youngcarersmatternorfolk




NORFOLK LGBT+ PROJECT
SUPPORT INFORMATION ADVICE

Providing support that is relevant to the health and wellbeing needs of the

LESBIAN, GAY, BISEXUAL & TRANSGENDER+
Community in Norfolk

10 CATHEDRAL STREET
NORWICH, NORFOLK NR1 1LX

01603 219 299
INFO@NORFOLKLGBTPROJECT.ORG.UK

VISIT US ONLINE
www.norfolklgbtproject.org.uk

Registered Charity No 128270