

Parent Support Directory:

Community Support:

- **Norfolk Constabulary:**
Contact: <https://www.norfolk.police.uk/contact/af/contact-us-beta/contact-us/>
- **Norfolk Prevent Team:**
Concerns about radicalisation.
Contact: (Non-emergency) 01953 423905 / 01953 423896, <https://www.norfolk-pcc.gov.uk/who-we-are/community-safety-partnership/preventing-extremism-and-radicalisation/report-a-concern/>

Domestic Abuse and Sexual Violence:

- National Domestic Abuse Support (Refuge): 0808 2000 247, <https://www.nationaldahelpline.org.uk/>
- NIDAS: 0300 561 0555, <https://nidasnorfolk.co.uk/>
- Leeway Domestic Abuse Services (Norfolk & Suffolk): 0300 561 0077, <https://www.leeway-support.org>

Support with Drugs and Alcohol:

- **The Matthew Project:** <https://www.matthewproject.org/>
- **Norfolk Alcohol and Drug Behaviour Change Service:** <https://www.change-grow-live.org/service/norfolk-alcohol-drug>

Food Support:

- **Trussell Trust – Norfolk Foodbanks:**
Emergency food parcels and support through local foodbanks across Norfolk
Contact: <https://www.trusselltrust.org/get-help/find-a-foodbank/>
- **Norwich Foodbank:**
Contact: 01603 251733, <https://norwich.foodbank.org.uk>

Health and Wellbeing:

- **Just One Number:**
You can contact JON with any questions or concerns about your child's health, wellbeing or development. Their clinical team are able to support you over the telephone, video call or text, and work with you to understand how best to support you and your family.
Contact: Call: [0300 300 0123](tel:03003000123) Text: 07520 631590 <https://www.justonenorfolk.nhs.uk/>

Issues with Housing:

- Citizen's Advice: <https://www.citizensadvice.org.uk/housing/>

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- Shelter (charity): <https://england.shelter.org.uk/>
- Broadland and South Norfolk Council: 0808 168 2222

Mental health Difficulties:

- **Just One Norfolk – Mental Health Support:** All referrals for mild to moderate mental health support for 0 to 25 year olds are processed by Just One Number. Self-referral is available. The team will then allocate to the most appropriate service and update you.
Contact: <https://www.justonenorfolk.nhs.uk/mhsupport>
- **This May Help:**
Advice for supporting your child's mental health.
Contact: <https://thismayhelp.me/>
- **Childline:**
Contact: 0800 1111, <https://www.childline.org.uk/>
- **Papyrus:**
Prevention of young suicide.
Contact: Call 0800 068 4141 or text 07860 039967, <https://www.papyrus-uk.org/>
- **Samaritans:**
Contact: 116 123, <https://www.samaritans.org/>

Mental Health Crisis:

- **NHS 111 Mental Health Option:**
24 hour urgent mental health support
Contact: Dial 111 and select option 2, <https://www.nsfh.nhs.uk/first-response/>
- **Shout:**
24 hour crisis text service for mental health. Urgent mental health support.
Contact: Text "shout" to 85258
- **If at serious risk of imminent harm dial 999 or attend nearest Accident and Emergency department.**

Safeguarding:

- **CADS:**
If you have a concern about a child, Norfolk Children's Advice and Duty Service (CADS) is made up of a team of Consultant Social Workers who have had specialist training and use a coaching style to empower partners to be more confident in working with families and meeting needs. The Consultant Social Workers will provide advice, support and signposting, identifying the correct services and support for the child or young person.
Contact: 0344 800 8020, <https://communitydirectory.norfolk.gov.uk/Services/8938/Children-s-Advice-an>
- **NSPCC:**
If you are worried about a child.

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Contact: 0808 800 5000, <https://www.nspcc.org.uk>

SEND:

- **SEND and Inclusion Support Line:**
Contact: 0333 313 7165
- **SENDIASS:**
Free, impartial advice about SEND
Contact: 01603 704070, <https://www.norfolksendiass.org.uk/>
- **Norfolk and Norwich SEND Association:**
Provides support and activities for children, young people, adults and families.
Contact: <https://www.nansa.org.uk/>
- **ASD Helping Hands:**
Provides workshops, activity days and residential breaks for children, young people and their families.
Contact: <https://www.asdhelpinghands.org.uk/>
- **Autism Anglia Norfolk Support Groups:**
Provides links to support and activity groups for children and young people.
Contact: <https://www.autism-anglia.org.uk/our-services/community-connect/>
- **Autism Central:**
Provides resources, online drop in and support for families.
Contact: <https://www.autismcentral.org.uk/>
- **ADHD foundation:**
Resources for families.
Contact: <https://www.adhdfoundation.org.uk/resources/>
- **Young carers / parent carers:**
Advice and support for young people who are carers / parents who are carers.
Contact: <https://www.youngcarersmatternorfolk.org/>
- **Norfolk County Council Local Offer:**
Advice for parents seeking assessments for neurodevelopmental conditions.
Contact: <https://www.norfolk.gov.uk/article/40835/What-is-neurodiversity>
- **Family Action:**
Provide a support service for both parents of children and young people in Norfolk and Waveney who are awaiting assessment by the Neurodevelopmental Service or who have been diagnosed with ASD or ADHD. Parents can access workshops, support groups, courses and individual support and advice in matters relating to their child's needs.
Contact: <https://family-action.org.uk/>

Single Parent Support:

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- Gingerbread (charity): <https://www.gingerbread.org.uk/>

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FOR CHILDREN, FAMILIES AND COMMUNITIES