Norfolk County Council

Get Help

Wellbeing

Samaritans
116 123

Lily
01553 616200

Wellbeing Service
0300 123 1503

Parenting

Family Lives Helpline
0808 800 2222

ECFS (ages 0-5)
0344 800 8020

Parentline Text
07520 631590

Health

Just One Norfolk
0300 300 0123

NHS 111 Online
111

Change Grow Live
01603 514096

Caring

West Norfolk Carers
01553 768155

Carers Matter
0800 083 1148

Short Breaks
0344 800 8020

Safety

Worried about a child's safety?
Children's Services 0344 800 8020
or NSPCC 0808 800 5000
In an emergency 999

Food Banks

King's Lynn
07582 558143

Hunstanton
07795 491154

Downham Market
07707 191674

Money Matters

Money Advice Hub
0333 305 7648

Norfolk Assistance Scheme
0344 800 8020

Christian's Against Poverty
0800 328 006

Housing Advice

West Norfolk Housing
01553 616200

Shelter (King's Lynn)
0344 515 1860

Relationships

Norfolk Family Mediation
01603 620588

Norfolk Community Law Service
01603 496623

National Domestic Abuse Helpline
0808 2000 247