



# Get Help

**Samaritans**

116 123

**Lily**

01553 616200

**Wellbeing Service**

0300 123 1503



**Wellbeing**

**Family Lives Helpline**

0808 800 2222

**ECFS**

**(ages 0-5)**

0344 800 8020

**Parentline Text**

07520 631590



**Parenting**

**Just One Norfolk**

0300 300 0123

**NHS 111 Online**

111

**Change Grow Live**

01603 514096



**Health**

**West Norfolk Carers**

01553 768155

**Carers Matter**

0800 083 1148

**Short Breaks**

0344 800 8020



**Caring**



**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