

## **Mental Health and other support contacts for young people –**

Norfolk & Suffolk Foundation Trust [www.nsft.nhs.uk](http://www.nsft.nhs.uk) 01603 421421 or for Access & Assessment team 0300 7900371 Service Manager Elizabeth Smith – links through to Wellbeing Service.

Improving Access to Psychological Therapies (IAPT) 0300 1231503  
<http://www.wellbeingandw.co.uk/> [Wellbeing.centralnorfolk@nsft.nhs.uk](mailto:Wellbeing.centralnorfolk@nsft.nhs.uk)

YMCA <http://www.ymcanorfolk.org/> 01603 621263

<http://www.ymcanorfolk.org/what-we-do-2/support-in-schools/mental-health/>

<http://www.ymcanorfolk.org/what-we-do-2/health-and-wellbeing/young-mental-health-champions/>

Point 1 (Ormiston Trust) 0800 9774077 <http://point-1.org.uk/>

Young Minds 0808 8025544 [www.youngminds.org.uk](http://www.youngminds.org.uk) [ymentquiries@youngminds.org.uk](mailto:ymentquiries@youngminds.org.uk)

Mancroft Advice Project (MAP) <http://www.map.uk.net/pages/about/counselling/info@map.uk.net> 01603 766994

The Matthew Project [www.matthewproject.org](http://www.matthewproject.org) 0800 9704866 or 07797 800966  
[under18@matthewproject.org](mailto:under18@matthewproject.org)

Off Centre Counselling 0800 9175917  
<http://search3.openobjects.com/kb5/ncc/directory/service.page?id=q91qrLwt73w>

Get Connected [www.getconnected.org.uk](http://www.getconnected.org.uk) 0808 8084994

Nelson's Journey [www.nelsonsjourney.org.uk](http://www.nelsonsjourney.org.uk) 01603 404104

Cruse <http://www.cruse.org.uk/Norwich> 01603 219977 <http://www.cruse.org.uk/children>

MIND 0808 8020288 [www.norwichmind.org.uk](http://www.norwichmind.org.uk)

Young Carers (Crossroads) 01603 340063/898900 <http://www.crossroadseastanglia.org.uk/our-services/young-carers/norfolk-young-carers-forum/>

Benjamin Foundation <http://benjaminfoundation.co.uk/home> 01603 615670

<http://benjaminfoundation.co.uk/youth-advisory-board-breckland>

<http://benjaminfoundation.co.uk/youth-advisory-board-north-norfolk>

<http://benjaminfoundation.co.uk/parent-support-advisers>

Break <http://www.break-charity.org/> 01263 822161

<http://www.break-charity.org/what-we-do/separated-families/>

B-eat Eating Disorders [www.b-eat.co.uk](http://www.b-eat.co.uk) 0845 6347650