



Dear All

We all have the potential to either experience some form of mental health challenge or may need to support someone we know who is suffering from some form of anxiety or distress. Whether it is a loved one, work colleague or someone within our local community mental health can be a difficult subject to broach.

Therefore, it is essential that we break this stigma and share as many resources as possible with our community to support their unique needs and help everyone cope with today's challenges. Together we are stronger and better able to set positive examples to the next generation that everyone matters and should feel listened to and supported and no one should feel alone with their health challenges and worries.

There is no one fix to support our uniqueness so here are a variety of resources to support wellbeing in general within Norfolk for all ages and hopefully there is something to help everyone.

[Support for mental health - Norfolk County Council](#)

[Mental wellbeing - Norfolk County Council](#)

[Adults' health - Norfolk County Council](#)

[Health and wellbeing - Norfolk County Council](#)

<https://www.wellbeingnands.co.uk/norfolk/get-support/courses/>

The next 3 links are all the NHS supports including the 24-hr helpline, but I have included all parts of it for ease of reference and different options of online or phone support

[Mental health services - NHS \(www.nhs.uk\)](#)

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

[First Response helpline. | Norfolk and Suffolk NHS \(nsft.nhs.uk\)](#)

The remaining links are either national or local additional supports for all the family

[Mental wellbeing - Mind](#)

[Parental Emotional Health \(justonenorfolk.nhs.uk\)](#)

<https://www.norfolk.gov.uk/children-and-families/early-childhood-and-family-service>

The following link is to an online webinar called Action for Happiness, which is a good website and also has some lovely webinars to watch either for free or by donation to support many forms of wellbeing.

<https://actionforhappiness.org/>



If you want to chat to someone face to face you can visit the Steam House Café in King's Lynn who can also support you with referrals and housing difficulties.

<https://steamhousecafes.co.uk/kings-lynn/>

Finally some useful chat lines/digital health supports if people prefer not to chat directly to someone, but use texting or tracking for how they are feeling to help meet their needs.

<https://www.samaritans.org/branches/wolverhampton/wolverhampton-branch-news/launch-new-samaritans-self-help-app/>

10 years to 25years <https://www.kooth.com/>

Adults' app <https://www.gwell.io/>

I sincerely hope that by all of us all reaching out to each other we can improve everyone's mental health and make the world a happier place to share.

Take care and thanks for your support