

Children and Young People's Mental Health

Just One Number

All new referrals for mild to moderate mental health support for 0-25 year olds across Norfolk & Waveney will be processed by Just One Number

The team in Just One Number will review the needs outlined in the referral and pass to the appropriate organisation to best support the child / young person or young adult. These organisations include;

- Ormiston Families - Supporting Smiles
- MAP
- Norfolk & Waveney Mind
- NHS Talking Therapies Service Norfolk and Waveney (known as Wellbeing Service)
- Resilience and Emotional Health Practitioners - CCS
- 0-4 Parent Infant Mental Health Services - NSFT

Self referral- www.justonenorfolk.nhs.uk/emotional-health/support-for-mild-to-moderate-mental-health-needs/referral/

You can also call **0300 300 0123** for support.

You can also contact your GP, who can help you access support.

Other Useful Leaflets and Websites

[support-and-self-help-guide-children_young-people-mental-health.pdf \(ecch.org\)](#)

[Every Life Matters - Suicide Safer Cumbria \(every-life-matters.org.uk\)](http://every-life-matters.org.uk)

[Calm zone | Childline](#)

For Urgent Support

For 24/7 immediate advice, support and signposting for people with mental health difficulties please contact 111 and select the mental health option or text SHOUT to 85258. If someone's life is at risk or they cannot be kept safe, call 999 or go to A&E.

W: [Norfolk Community Directory - Norfolk County Council](#)