

## Support for substance and alcohol misuse in Norfolk and Waveney (Norwich /Norfolk/Norfolk & Waveney/Suffolk)

### **Herring House Trust (Gt Yarmouth)**

Supporting vulnerable people in Great Yarmouth.

Address: 51 St Nicholas Road, Great Yarmouth, NR30 1NR

Phone: Hostel on 01493 331 524

Website: [www.herringhousetrust.org.uk/](http://www.herringhousetrust.org.uk/)

Email: [info@herringhousetrust.org.uk](mailto:info@herringhousetrust.org.uk)

### **Matthew Project (Norfolk & Suffolk)**

Empowering people to overcome issues with drugs, alcohol & mental health.

Address: 70-80 Oak Street, Norwich, NR3 3AQ

Phone: 01603 626 123

Website: [www.matthewproject.org](http://www.matthewproject.org)

Email: [hello@matthewproject.org](mailto:hello@matthewproject.org)

### **Purfleet Trust (Kings Lynn & West Norfolk)**

Food and meals, housing, and support workers.

Address: Pathway House, Austin Fields, King's Lynn, PE30 1PH

Phone: 01553 767 829

Website: [www.purfleettrust.org.uk/](http://www.purfleettrust.org.uk/)

Email: [enquiries@purfleettrust.org.uk](mailto:enquiries@purfleettrust.org.uk)

### **SOS Bus (King's Lynn)**

A multi-agency initiative to meet the needs of any person in King's Lynn on Friday and Saturday night from 9pm until late. It is a first point of contact for those whose wellbeing is threatened by illness, injury, emotional distress, or homelessness.

Address: Norfolk Street, Kings Lynn, PE30 1AQ

### **Change Grow Live: Norfolk Alcohol and Drug Behaviour Change Service**

Drug and alcohol support for those living in Norfolk, one to one or group sessions.

- Norwich: Adobe House, 5 Barton Way, Norwich, NR1 1DL
- Great Yarmouth: 148 King Street, Great Yarmouth, NR30 2PN
- Thetford: Breckland House, St Nicholas Street, Thetford, IP24 1BT
- Kings Lynn: 33 Railway Road, King's Lynn, PE30 1NF

Phone: 01603 514 096

Website: <https://www.changegrowlive.org/alcohol-drug-behaviour-change-norfolk/help>

### **Turning Point (Suffolk)**

Support for people with drug and alcohol misuse, mental health, and people with a learning disability.

Website: [www.turning-point.co.uk/](http://www.turning-point.co.uk/)

### **St Martins Housing Trust (Norwich & Norfolk)**

Support with independent living, homelessness and residential care for mental health and substance misuse.

Phone: 01603 667 706

Website: [www.stmartinshousing.org.uk](http://www.stmartinshousing.org.uk)

Email: [enquiries@stmartinshousing.org.uk](mailto:enquiries@stmartinshousing.org.uk)

### **Pathways (Norwich)**

A 'housing led' service, which seeks to find suitable accommodation to support the need of the individual with the goal of greater independence.

Phone: 01603 984 694

Website: [www.pathwaysnorwich.org.uk/about](http://www.pathwaysnorwich.org.uk/about)

Email: [pathways@stmartinshousing.org.uk](mailto:pathways@stmartinshousing.org.uk)

### **National Help**

- [\*\*Al-Anon Groups\*\*](#) Helpline: 0800 0086811 Email: [helpline@al-anonuk.org.uk](mailto:helpline@al-anonuk.org.uk)
- [\*\*Alcoholics Anonymous\*\*](#) Phone: 0800 9177 650 Email: [help@aamail.org](mailto:help@aamail.org)
- [\*\*Drinkaware\*\*](#) For a free and confidential talk with someone about your own drinking, or someone else's. Phone: 0300 123 1110 Email: [contact@drinkaware.co.uk](mailto:contact@drinkaware.co.uk)
- [\*\*Frank\*\*](#) Phone: 0300 123 6600 (24 hours) Text a question: 82111  
Information and advice about drugs.
- [\*\*Narcotics anonymous\*\*](#) (NAUK) Self-help groups for people who are recovering addicts to meet and help each other stay clean.  
Phone: 0300 999 1212 (10am- midnight)
- [\*\*Samaritans Helpline\*\*](#) Offers a listening service if you need someone to talk to.  
Phone: 116 123 Email: [jo@samaritans.org](mailto:jo@samaritans.org) (email replies may take a few days)
- [\*\*The Salvation Army\*\*](#) Phone: 020 7367 4500 Email: [info@salvationarmy.org.uk](mailto:info@salvationarmy.org.uk)

### **Food banks**

#### [\*\*Trussel Trust\*\*](#)

Confidential free helpline: 0808 208 2138

Find a foodbank: <https://www.trusselltrust.org/get-help/find-a-foodbank/>