

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

Herring House Trust (Gt Yarmouth)

A housing association working for single homeless people in Great Yarmouth.
Address: 51 St Nicholas Road, Great Yarmouth, NR30 1NR
Phone: Hostel on 01493 331 524
Email: rsvp@herringhoustrust.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
Email: hello@matthewproject.org

Purfleet Trust (Kings Lynn & West Norfolk)

Supporting people experiencing homelessness in King's Lynn & West Norfolk.
Address: Pathway House, Austin Fields, King's Lynn, PE30 1PH
Phone: 01553 767 829
Email: enquiries@purfleettrust.org.uk

SOS Bus (King's Lynn)

Managed by YMCA Norfolk, this is a multi-agency initiative to offer help, advice, and support to any individual in need of assistance in King's Lynn. Available on Friday and Saturday nights, from 9pm to 3am.
Address: Norfolk Street, Kings Lynn, PE30 1AQ

Change Grow Live: Norfolk Alcohol and Drug Behaviour Change Service

Drug and alcohol support for people living in Norfolk; offering one to one & group sessions.

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

Phone: 01603 514 096

Email: norfolk.info@cgl.org.uk

Turning Point (Suffolk)

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

St Martins Housing Trust (Norwich & Norfolk)

Provides information on routes out of homelessness. Services include emergency hostel accommodation, residential care for people with multiple needs and training courses to enable people to build up their skills & self-esteem.

Phone: 01603 667 706

Email: enquiries@stmartinshousing.org.uk

Pathways (Norwich)

The outreach service for people who are sleeping rough in Norwich.

Phone: 01603 984 694

Email: pathways@stmartinshousing.org.uk

National Help

- Al-Anon Groups Helpline: 0800 008 6811 Email: helpline@al-anonuk.org.uk
- Alcoholics Anonymous Phone: 0800 917 7650 Email: help@aamail.org.uk
- 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
- Frank Phone: 0300 123 6600 (24 hours) Text a question: 82111
Information and confidential advice about drugs.
- Narcotics anonymous (UKNA) 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 (an email response may take a few days)
- The Salvation Army Phone: [020 7367 4500](tel:02073674500) Email: info@salvationarmy.org.uk

Food Bank

Trussel Trust

A food bank can provide an emergency food parcel containing at least three days of meals. You will need to be referred for a food voucher which can be exchanged for food at a food bank. You can get a food voucher from a number of community organisations, who can ensure you get the right support: [Get emergency food](#)