

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.herringhoustrust.org.uk/

Email: rsvp@herringhoustrust.org

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

Email: 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/

Email: enquiries@purfleettrust.org.uk

SOS Bus (King's Lynn)

Managed by YMCA Norfolk, this is a multi-agency initiative to provide assistance to anyone needing help in King's Lynn during their night out. 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 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 conditions, and people with a learning disability.

Website: www.turning-point.co.uk/

St Martins Housing Trust (Norwich & Norfolk)

Provides information on routes out of homelessness. Help includes access to emergency hostel accommodation, residential care for people with multiple needs and training courses to enable people to build up the skills needed for independent living.

Phone: 01603 667 706

Website: www.stmartinshousing.org.uk

Email: enquiries@stmartinshousing.org.uk

Pathways (Norwich)

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

Phone: 01603 984 694

Website: www.pathwaysnorwich.org.uk/about

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: 020 367 4500 Email: info@salvationarmy.org.uk

Food banks

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](#)