

Agencies to support your family

Norfolk Early Help and Family Focus

If you are experiencing difficulties in your family or are worried about your children, there are people who can offer help and support. Difficulties could be:

- Mental health problems
- [Domestic abuse](#) at home
- Drug or alcohol dependency
- Your child not going to school
- Struggling as a lone parent
- Debt problems
- Housing problems

If you need more help than your usual support network - for example your health visitor, child's school, doctor or Children's Centre - the family support process can help.

MAP

MAP provides counseling and mental health support for young people age 11-25 from our drop-in centre's in Norwich and Great Yarmouth and in schools and community bases around Norfolk. All of our services are free, confidential and carried out by professionals trained in youth counseling and youth mental health.

Leeway

In the UK, the police receive a domestic abuse related call every minute and two women are killed each week as a result of domestic abuse. Leeway provide a range of services to help anyone affected by domestic abuse.

Nelsons Journey

Nelsons Journey are a Norfolk charity that supports children and young people up to their 18th birthday who have experienced the death of a significant person in their life. They provide a range of support, appropriate for the needs of each child or young person. This may include one-to-one support and opportunities to meet others their age who have also experienced a bereavement.

Norfolk LGBT project

Providing support that is relevant to the health and wellbeing needs of the lesbian, gay, bisexual and transgender + community in Norfolk and Waveney since 2007

Point 1

Point1 offer professional support for infants, children and young people experiencing the early signs of mental health and emotional problems.

<https://norfolkfamilycarers.org/>

Anyone can find themselves looking after someone else at any time – whether it happens gradually as an elderly relative becomes more frail or more suddenly following an accident or when a friend or family member is discharged from hospital. Norfolk Family Carers offer practical and emotional support for carers at all stages of their caring journey.

Matthew Project

[Drug and alcohol service for children, young people and their families across Norfolk; for those using substances themselves or affected by someone else's substance misuse.](#)

Helping Hands

Our Family Support team offer a bespoke package of support based on your family's needs. This could range from Benefit advice, educational issues to support and advice around behavioural issues. This service is open to anyone affected by an Autism Spectrum Disorder (ASD) regardless of:

- Stage of diagnosis
- Age
- Location
- Condition on the Autism Spectrum

Anguish's Educational Foundation

[Helping people with the cost of education.](#) The Charity makes grants to individuals as a contribution towards the cost of:

- School clothing and footwear
- Residential school trips, for approved educational purposes
- Fees for further education and vocational training, including necessary equipment
- University maintenance
- Further Education courses which run for at least 2 terms
- Personal tuition in music, the arts and sport where the beneficiary is likely to reach a professional standard in the field
- Specialist glasses not available through the NHS

Citizens Advice