

NORWICH CITY OF WELLBEING



Places to go if you need help,
are distressed or simply need
somewhere quiet to just chill
out for a while.

Show this leaflet when you visit
anywhere displaying this logo.
Many are listed here. They will
know why you are there.



Participating organisations all know that
sometimes, life can get you down. Many have
staff trained in mental health first aid. They will
try to make time to listen if you want to talk.

Useful Information



THE 12TH MAN
Helps men talk
about mental
health more
often, for their latest list of
locations in Norwich visit
www.12th-man.org.uk

**NORFOLK & WAVENEY
WELLBEING SERVICE**
Free support with mental
health & emotional issues.
0300 123 1503
HEALTHWATCH
NORFOLK
Consumer champion
for health & social care.
0808 168 9669

SAMARITANS
Whatever you're going
through, a Samaritan
will face it with you.
116 123
MIND
Supporting people with
mental health problems.
08088 020288
BEAT
Supporting people affected
by eating disorders.
0808 801 0677
ST MARTINS
Help if you are homeless.
01603 667706

NORWICH CATHEDRAL

Space to reflect - History - Café
Our chaplains always make time to listen
The Close, NR1 4DH. 01603 218300



KINDAKAFE

Food - Coffee - Friendship
A café where you will not feel alone
21-23 Castle Meadow, NR1 3DH. 01603 850309



THE ATTIC BARBERSHOP

Haircuts - Beard trims - Conversation
Barber trained in mental health first aid
5 Upper King Street, NR3 1RB. 07930 341355



MILLENNIUM LIBRARY

Relevant books - Helpful staff - Activities
Read & borrow books and get involved
The Forum, Millennium Plain, NR2 1TF. 01603 774774



REVELATION RESOURCE CENTRE & CAFE

Spiritual Reading - Conversation - Café
Find inspiration in this tranquil mediaeval church
Redwell Street, NR2 4SN. 01603 766978



GRAPES HILL COMMUNITY GARDEN

A green oasis - Space to sit, reflect & be calm
A volunteer run charity (£2 admission fee)
Entrance via Valentine Street & Golding Place NR2 4HH.



CROPPERS

Haircuts - Beard trims - Conversation
Barber trained in mental health first aid
5 St Gregory's Alley, NR2 1ER. 01603 623756



CALM IN THE CITY @ THE YOGA TREE

Massage, Reflexology & Crystal healing
Specialist in stress reduction & relaxation
50 All Saints Green, NR1 3NB. Tel: 07793 279567



NHS WALK IN CENTRE

Nurses - GPs - Advice
Free health advice for all
Rouen Road, NR1 1RB. 01603 677500



ST STEPHENS CHURCH

Space to reflect - Café - Information
Where all are welcomed
Rampant Horse St, NR2 1QP. 01603 617697



BRIDGES

Drop-in - Advice - Support
Supporting your recovery*
Westwick Street, NR2 4SZ. 01603 667706



JULIAN OF NORWICH

Julian was a 15th century anchoress & spiritual writer
Meditate in her cell in the church - Visitor centre -
Spiritual books
Off Rouen Road NR1 1QT. 01603 767380



*Referral from health professional required



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