



Don't feel alone.

Help us to help you.

There is lots of support available to prevent these feelings and actions and keep you and the person you care for safer.



Contacts

Support for carers
Norfolk County Council
0344 800 8020

Carers Matter Norfolk
0800 083 1148

Domestic Abuse | Norfolk Constabulary
Norfolk Police 999 or 101

Visit this link
www.norfolk.gov.uk/gethelpnow

