

# 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](http://www.norfolk.gov.uk/gethelpnow)

