

## Helpful Agencies



### General Advice including Debt and Welfare Benefit:

Citizen's Advice: 03444 111444 or 0808 2082138  
Help Through Hardship 0808 208 2138  
Age UK Norwich (over 50's): 01603 496333  
Age UK Norfolk (if you don't live in Norwich): 01603 787111  
MAP (under 25's): 01603 766994 or 0800 744454  
Future Support: 01603 327889

### Councils:

Norwich City Council: 0344 980 3333  
Broadland District Council: 01603 431133  
South Norfolk Council: 01508 533701 or 0800 3896109

### Addiction :

Change, Grow, Live: 01603 514096

### Debt:

Oak Grove Money Advice: 01603 403388  
Christians Against Poverty: 0800 328 0006  
Norwich City Council Money Advisor: 0344 980 3333

### Your Norfolk Advice Network

Contact 0333 996 8333 to speak to a trained information officer who will be able to help guide you to the right service.

Last updated May2025

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**Legal Advice:**

Norfolk Community Law Service: 01603 496623

**Refugee, Migrant, Asylum seekers:**

New Routes Integration: 01603 662648

Norfolk County Council: 0344 800 8020

Diocese Of Norwich: 01603 880853

**Housing:**

Shelter: 0344 5151564 (emergency 0808 8004444)

Pathways (homeless): 01603 984694

**Employment Issues:**

ACAS: 0300 123 1100

**Mental Health:**

Samaritans: 116 123 free from any phone

Single Point of Access Team: 0300 790 0371

Norfolk and Suffolk First Response: 111

NHS: 111 and select mental health option 2

**Disabilities, including PIP:**

Equal Lives: 01508 491210

**Domestic Violence and Abuse:**

Leeway (male and female): 0300 561 0077

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