



# Children and Young People's Mental Health

## Just One Number...

All new referrals for mild to moderate mental health support for 0–25-year-olds across Norfolk & Waveney will be processed by Just One Number

The team in Just One Number will review the needs outlined in the referral and pass to the appropriate organisation to best support the child / young person or young adult. These organisations include.

- Ormiston Families - Supporting Smiles
- MAP
- Norfolk & Waveney Mind
- NHS Talking Therapies Service Norfolk and Waveney (known as Wellbeing Service)
- Resilience and Emotional Health Practitioners - CCS
- 0-4 Parent Infant Mental Health Services – NSFT

Self referral- [www.justonenorfolk.nhs.uk/emotional-health/support-for-mild-to-moderate-mental-health-needs/referral/](http://www.justonenorfolk.nhs.uk/emotional-health/support-for-mild-to-moderate-mental-health-needs/referral/)

FYI Just One Norfolk - [FYI - For Your Information \(fyinorfolk.nhs.uk\)](http://fyinorfolk.nhs.uk)

## Other Useful Leaflets and Websites...

MIND support services - [Useful contacts - 11-18 year old's mental health - Mind](#)

Young Minds - [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

The Mix - [Speak To Our Team | Support For Mental Health & Other Issues | The Mix](#)

The Blues Programme - [Mental health support | Action For Children](#)

The Children's Society - [Young People's Wellbeing & Mental Health | The Children's Society \(childrensociety.org.uk\)](#)

Support and Self Help Guide - [https://www.ecch.org/media/hl2g3f10/support-and-self-help-guide-children\\_young-people-mental-health.pdf](https://www.ecch.org/media/hl2g3f10/support-and-self-help-guide-children_young-people-mental-health.pdf)

Every life matters - <https://www.every-life-matters.org.uk/>

You can also contact your GP, who can help you access support.

W:

<https://www.norfolk.gov.uk/norfolk-directory>

## For Urgent

For 24/7 immediate advice, support and signposting for people with mental health difficulties please contact 111 and select the mental health option or text SHOUT to 85258. If someone's life is at risk or they cannot be kept safe, call 999 or go to A&E.