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## GET INVOLVED AND HAVE YOUR SAY

The services and support we offer are based on what young people tell us they want and need, which changes over time. Through consultations, one-to-ones and group work, we listen to what young people tell us, then develop and campaign for new services that meet their needs.

If you have an opinion about the support available for young people, please get in touch. Your views and experiences are important and we want to hear from you.

## FEEDBACK

If you would like to leave feedback about any of MAP's services, please email us at [feedback@map.uk.net](mailto:feedback@map.uk.net).

**DROP IN AND SEE AN ADVICE WORKER - YOU DON'T NEED AN APPOINTMENT**

ASK OR SEE OUR WEBSITE ABOUT **COUNSELLING OR YOUTH WORK**

CONTACT US:

### NORWICH MAP

The Risebrow Centre  
Chantry Rd  
Norwich NR2 1RF  
e. [info@map.uk.net](mailto:info@map.uk.net)  
t. 01603 766994

**DROP-IN TIMES**  
Mon-Fri  
1.30-5.30pm

**FREE**  


### GREAT YARMOUTH MAP

52a Deneside  
Great Yarmouth  
Norfolk NR30 2HL  
e. [greatyarmouth@map.uk.net](mailto:greatyarmouth@map.uk.net)  
t. 01493 854839

**DROP-IN TIMES**  
Mon | Wed | Fri  
1.30-5.30pm

**FREE**  


FREE | CONFIDENTIAL | FOR 11-25s

# map

## FOR YOUNG PEOPLE FINDING THEIR WAY



- MENTAL HEALTH
- YOUTH VOICE
- HOUSING, MONEY AND BENEFITS
- EMPLOYMENT, EDUCATION AND TRAINING
- GROUPS AND ACTIVITIES
- YOUNG PARENTS
- RELATIONSHIPS, SEX AND SEXUAL HEALTH
- GENDER
- DRUGS AND ALCOHOL

“

I came to MAP for support when things were difficult. If it wasn't for that support I wouldn't be doing what I'm doing now. I found MAP staff to be approachable, they understood me, got what I was going through.

”

[map.uk.net](http://map.uk.net)



@mapyoungpeople

**FREE. INDEPENDENT. CONFIDENTIAL.**  
**FOR YOUNG PEOPLE FINDING THEIR WAY**



[map.uk.net](http://map.uk.net)



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## ADVICE

We can explain your rights and options and support you to make informed choices. Come to our drop-in centres in Norwich and Great Yarmouth for advice about things such as:

**Housing and homelessness**

**Benefits, money and debt**

**Employment, education and training**

**Being a young parent**

**Sexual health, gender and identity**

**Becoming independent**

**Drugs and alcohol issues**

**Leaving care**

**Family problems and relationships**

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## COUNSELLING

We offer counselling and mental health support in schools and various places around Norfolk. Contact us for appointment information and if you:

**Are anxious, depressed or angry**

**Want to improve your relationships with others**

**Are worrying about self-harm, sexuality or gender identity, eating disorders, drug or alcohol addiction**

**Need help making important decisions**

**Feel that you are in a crisis**

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## YOUTH WORK

We work with young people to run all kinds of groups and activities and to ensure young people have a voice in society. Get in touch if you want to:

**Get involved in groups, projects and activities**

**Campaign to make Norfolk a better place for young people**

**Take control of your future to live the life you want.**

**Meet new people, build your confidence and have your voice heard**

## WE LISTEN TO YOU

We will listen carefully to you and treat you with honesty and respect. We are not here to judge you or tell you what to do. We are here to support you to make your own choices and feel in control of the decisions you make.

## WE ARE CONFIDENTIAL

Everything you tell us and any information we keep about you is confidential within MAP. We don't share information with anyone unless you give us permission, or unless there is a special legal reason, which we can explain to you when you come in.

## WE STAND UP FOR YOU

We value you as an individual and we believe in standing up for you if you think you have been treated unfairly. We welcome all young people, regardless of race, gender, colour, ethnic origin, religion, faith, beliefs, cultures, nationalities, sexual orientation, social background, health status or family status.