



**0800 0744454**

10.30am-5.30pm Mon-Fri\*

A **FREE** and **CONFIDENTIAL** phone advice line and email service for young people aged 11-25 who live in Norfolk.

## GET IN TOUCH IF YOU

- 📞 Need food
- 📞 Are worried about money and debt
- 📞 Need advice about housing or benefits
- 📞 Don't know where to get help for other problems or worries
- 📞 Need support with work, training and education needs

Phone the MAP Advice Line or email [advice@map.uk.net](mailto:advice@map.uk.net)

\*except bank holidays

**#MAPadvice**  
**[www.map.uk.net](http://www.map.uk.net)**



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