

What's on offer?

- advice and information on a wide range of local services and support including mental health and wellbeing
- the opportunity to meet other people with experience of mental ill-health
- support – from a quick chat over a cup of tea to a longer support offer
- social activities
- Café-style food and drink to purchase at Steam House Café Gorleston and Kings Lynn and REST Norwich.
- evening mental health crisis support (referral needed) at REST Norwich, STEAM House Café Gorleston, and STEAM House Café Kings Lynn.

Who runs the Wellbeing Hubs?

The REST Wellbeing Hubs in Aylsham, Norwich and Thetford are operated by Mind Norfolk and Waveney

The STEAM House Café Wellbeing Hubs in Gorleston and Kings Lynn are operated by Access Community Trust

Support in a crisis

Wellbeing hubs can provide help to adults experiencing a mental health crisis, day and night*.

Ask your GP or a mental health professional to refer you to the Wellbeing Hub Crisis Service.

Need immediate support or don't feel like you can keep yourself safe? Ring NHS 111 and select the Mental Health Option.

* Evening support is available from REST Norwich, STEAM House Cage Gorleston, and STEAM house Café Kings Lynn.

“It's my safe place to come when I feel the most unsafe”.

Visit a Wellbeing Hub

REST Aylsham

1 Red Lion Street, Aylsham, NR11 6ER
11 am – 5:30 pm, 7 days per week
Call: 0300 330 5488 option 1

STEAM House café Gorleston

140 High Street, Gorleston, NR31 6RB
10 am – 6 pm, 7 days a week
Call: 01493 804470 or call/text 07435 993407

STEAM House café Kings Lynn

102 High Street, King's Lynn, PE30 1BW
11 am – 5 pm, 7 days a week
Call: 01553 401831 or call/text 07738 377827

REST Norwich

Churchman House, 71 Bethel Street,
Norwich, NR2 1NR
10 am – 5:30 pm 7 days a week
Café open 09:30 am - 3:30 pm
Call: 0300 330 5488 option 1

REST Thetford

Breckland House, St Nicholas Street
Thetford, IP24 1BT
9:30 am - 4:30 pm Monday to Friday
Call: 0300 330 5488 option 1

“I tell everyone about this place. I think it’s fantastic that you can just walk in, and someone is there to talk to.”

Community Wellbeing Hubs

A safe space to find support, for your mental health and wellbeing in your community. With a focus on wellness, not illness, you’ll always find a warm welcome and supportive staff to offer help, advice, or a listening ear.

Aylsham

Gorleston

Norwich

Kings Lynn

Thetford