



## Community Wellbeing Hubs

A safe space to get support for your mental health and wellbeing where you live.



**What?**



## What's on offer at the Wellbeing Hubs?

Café-style food and drink to purchase at **Steam House Café, Gorleston** and **King's Lynn** and **REST Aylsham** and **Norwich**.



Advice and information on local services and support, including mental health and wellbeing.



The chance to meet other people with experience of mental ill-health.



**Support** – from a quick chat over a cup of tea to long-term support.



Social activities and groups.



**Open access support** – just drop in.



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



**Evening support** is available **until midnight** from REST Aylsham, REST Norwich, STEAM House Café Gorleston, and STEAM House Café King's Lynn.



## Support in a crisis

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

**Need urgent support or don't feel you can keep yourself safe?**



**Ring NHS 111 and select the Mental Health Option.**



**Evening support is available until midnight** from REST Aylsham, REST Norwich, STEAM House Café Gorleston and STEAM House Café King's Lynn.



## Find your nearest Wellbeing Hub

### **REST Aylsham**

1 Red Lion Street, Aylsham,  
NR11 6ER

11am – 5.30pm

7 days a week

Tel: **0300 330 5488, option 1**



### **STEAM House Café Gorleston**

140 High Street, Gorleston, NR31  
6RB

10am – 6pm

7 days a week

Tel: **01493 804470** or text **07435  
993407**





## **STEAM House Café King's Lynn**

102 High Street, King's Lynn, PE30  
1BW

11am – 5pm

7 days a week

Tel: **01553 401831** or text **07738  
377827**



## **REST Norwich**

Churchman House, 71 Bethel  
Street, Norwich, NR2 1NR

10am – 5.30pm

7 days a week

Café open 9.30am – 3.30pm

Tel: **0300 330 5488 option 1**



## **REST Thetford**

Breckland House, St. Nicholas  
Street, Thetford, IP24 1BT

9.30am – 4.30pm

Tel: **0300 330 5488 option 1**