

 mind Norfolk and Waveney



REST Norwich

Working together to support your recovery

REST is a partnership project that brings together mental health support, local services and a place where everyone can feel welcome.

We are based at the heart of the community where we deliver 1-2-1 and group based support to people who are experiencing mental health difficulties in a non-clinical environment.



**Getting referred into
our service is simple.
You can do this by:**

Option 1

To get the support that is right for you,
call: 0300 330 5488 and select option 1
(Available 9am - till 4pm - Monday to Friday)

For urgent mental health support, call NHS 111 option 2

Option 2

Visit us at: Churchman House, 71 Bethel Street, Norwich, NR2 1NR
REST Norwich offer a daytime community wellbeing hub, open 10:00 - 17.30
and café run by The Feed Norwich open 09:30 - 15:30, 7 days per week

Option 3

Ask your GP. We understand that your local health care professional might be
the most comfortable place to start having a conversation about support and
you can ask them about REST. There is also lots more information about REST
here: restnorwich.co.uk

(If your GP wants to refer directly then they can use this link:
restnorwich.co.uk/professional-referrals
or we can speak to them directly by email at contact@restnorwich.co.uk)

Location

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

0300 330 5488
restnorwich.co.uk

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