

 mind Norfolk and Waveney



REST

Recover
Eat
Support
Talk

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.



King's Lynn



Aylsham



Norwich



Thetford

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) or, email rictriage@norfolkandwaveneymind.org.uk

For urgent mental health support, call NHS 111 option 2

Option 2

To find out more about support in your community visit our webpage: norfolkandwaveneymind.org.uk, or, visit one of our hubs:

-  **REST Norwich** - Churchman House, 71 Bethel Street, Norwich, NR2 1NR
-  **REST Thetford** - Breckland House, St Nicholas Street, Thetford, IP24 1BT
-  **REST Aylsham** - 1 Red Lion Street, Aylsham, Norwich, NR11 6ER
- REST King's Lynn** - 56 High St, King's Lynn, PE30 1AY

 - indicates there is a coffee shop on site.

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)



0300 330 5488
norfolkandwaveneymind.org.uk

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