

# Community Wellbeing Hubs

A safe space to get support for your mental health and wellbeing in your community.

## 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 opportunity to meet other people with experience of mental ill-health
- support – from a quick chat over a cup of tea to longer-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 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 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

11 am – 5:30 pm, 7 days per week

 0300 330 5488 option 1

### STEAM House Café Gorleston

140 High Street, Gorleston, NR31 6RB

10 am – 6 pm, 7 days a week

 01493 804470 or  
call/text 07435 993407

### STEAM House Café King's Lynn

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

11 am – 5 pm, 7 days a week

 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

 0300 330 5488 option 1

### REST Thetford

Breckland House, St Nicholas Street  
Thetford, IP24 1BT

9:30 am – 4:30 pm Monday to Friday

 0300 330 5488 option 1

