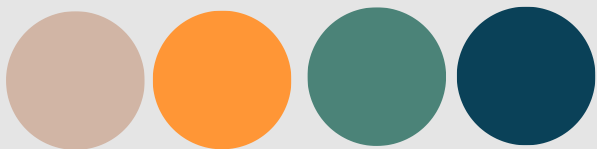


UPDATE

OFFICE CLOSED

1st - 30th JUNE 2020

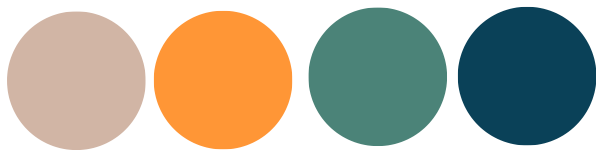


FURLOUGHING ARRANGEMENTS

- From 1st June until 30th June 2020, the *Your Own Place* team will be furloughed
- This means most of the team will not be working or available. Emails will not be read and mobiles will be switched off
- Only Rebecca, CEO, will be available and only between 15th - 30th June, during office hours
- Rebecca will be on leave from 1st - 15th June

I NEED HELP, WHAT DO I DO?

See below for places to go for help




Please take care of yourselves and follow government guidance

Rest assured, we can't wait to see you in July and beyond for more fun, time together and to support you

REOPENING

The office will fully reopen and all staff will return to work from 1st July 2020.

Please note:

- **your  own place** is a Monday - Friday service, open from 9am - 5pm
- the exception is only if we have been informed of safeguarding concerns during office hours or you have made explicit arrangements for us to be on call
- the information in this document can be used for dealing with emergencies out of hours

IS IT A SAFEGUARDING ISSUE?

If you feel that you or someone else is at risk of immediate and significant harm, for example is being abused or may be at risk of any form of mistreatment or neglect, then call:

0344 800 8020

Norfolk County Council have more information about their safeguarding services on their website, here.

IS IT AN EMERGENCY?

If someone is seriously injured, seriously ill or their life is at risk then **call 999 immediately**. This includes self-harm and a suicide plan or attempt.

IS IT URGENT?

If you or someone you know requires urgent but not life threatening care, you should **call 111 immediately**. This can include having thoughts of self-harm or suicide.



MAP Adviceline is open Monday to Friday 10.30 am - 5.30 pm (except bank holidays).

Call 0800 0744 454

Support for those in Norfolk aged 11-25.

Contact MAP if you:

- Need food
- Are worried about money and debt
- Need advice about housing or benefits
- Don't know where to get help for other problems or worries

NHS
Norfolk and Suffolk
NHS Foundation Trust



NHS First Response is a 24/7 helpline offering immediate advice, support and signposting for people with mental health difficulties.

Call 0808 196 3494

Shelter

Shelter's helpline number is open every day of the year for housing advice:

- 8am - 8pm on weekdays
- 9am - 5pm on weekends

Call 0808 800 4444

SAMARITANS

For mental health support call free from any phone, day or night, 365 days a year.
Call 116 123



Domestic Abuse Helpline
Free confidential advice and 24 hour telephone support
Call 0300 561 0077

childline

Free phonenumber available from 9am to midnight. You can also call if you are an adult worried about a child.
Call 0800 1111

**citizens
advice**

Adviceline open Monday to Friday from 9am to 5pm.
Telephone, e-mail and web chat.
Call 03444 111 444



Click each organisation's logo to reach their website for further information.

These are some examples of places for support. More organisations can be found online and you can contact your local GP/other professionals.