



here for young
people finding
their way

map.uk.net



Aged 11–25?

Whoever you are, whatever you
need, we are here for you



@mapyoungpeople

Contact us

Drop in and see an adviser during our opening hours, no appointment necessary. For youth work opportunities and mental health support, visit our website or get in touch using the details below.

Norwich



The Risebrow Centre
Chantry Rd, Norwich
NR2 1RF

Drop-in times: Mon–Fri, 1.30–5pm

Great Yarmouth



11 Hall Quay
GY, NR30 1HP

Drop-in times: Mon, Wed & Fri, 1.30–5pm

King's Lynn



8 High Street
King's Lynn
PE30 1BX

Drop-in times: Tue, Thurs & Fri, 1.30–5pm

advice@map.uk.net | 0800 0744454

Have your say

Everything we offer is based on what you've told us you want or need. If you've got opinions about what MAP offers, or what it should offer in the future, please get in touch. Your views and experiences are important and we want to hear from you.

Feedback

If you would like to give us feedback on any of MAP's services, please email us at **feedback@map.uk.net**

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I came to MAP for support when things were difficult. If it wasn't for that support I wouldn't be doing what I'm doing now. I found MAP staff to be approachable, they understood me, got what I was going through.



Youth Work

There are lots of groups available that can help you meet other people, enjoy free trips and activities, or even make a difference in your community.

- Get involved in groups, projects and activities
- Campaign to make Norfolk a better place for young people
- Take control of your future to live the life you want
- Meet new people, build your confidence and have your voice heard

We stand up for you

We value you as an individual and we believe in standing up for you if you have been treated unfairly. We welcome all young people, regardless of race, gender, ethnicity, religion, culture, nationality, sexual orientation, social background, disability, health status, or family status.

Counselling

You can get free, confidential mental health advice, support, and counselling in our spaces across Norfolk. Contact us for support if you are:

- Anxious, depressed or angry
- Feeling overwhelmed
- Struggling to cope with your emotions
- Finding day-to-day life hard to manage
- Troubled by difficult and painful experiences in your past
- Affected by specific issues like self-harm, discrimination, eating disorders, drug or alcohol addiction, or identity issues around gender or sexuality
- Looking to improve your self-esteem, relationships, and quality of life

We are confidential

Everything you tell us and any information we keep about you is confidential within MAP. We don't share information with anyone unless you give us permission, or unless there is a special legal reason, which we will explain to you when you come in.

Advice

You can come to us for advice on anything you're dealing with. Call, email, or drop in and talk to us about anything you'd like support with, including:

- Housing and homelessness
- Benefits, money and debt
- Employment, education and training
- Being a young parent
- Sex and sexual health
- Sexuality and gender identity
- Becoming independent
- Drugs and alcohol
- Leaving care
- Family problems and relationships

We will listen to you

We will listen carefully to you and treat you with honesty and respect. We are not here to judge you or tell you what to do. We are here to support you to make your own choices and feel in control.