

Post-transition services for 18-year-olds

Health and lifestyles support

MAP – for ages 11-25.

<https://www.map.uk.net/for-young-people/groups/>

- Mental health support
- Housing and homelessness
- Local groups
- Money and debt advice
- Relationships/sexual health
- Drugs and alcohol advice
- Gender

Just One Norfolk (up to age 19)

- Chat health with any health worries or concerns – confidential texting service **07480 635060**
- Pregnancy advice and support
- <https://www.justonenorfolk.nhs.uk/>

Support for adults with disabilities

SEND – preparing for adult life

- Information, advice and support in preparing for adult life for people with additional needs/disabilities.
- EHCP advice
- <https://www.norfolk.gov.uk/children-and-families/send-local-offer/preparing-for-adult-life>

Equal lives

- Information and advice and advocacy for people with disabilities.
- <https://www.equallives.org.uk/>

Housing and benefits

Norwich City Council

- Information about housing and benefits
- <https://www.norwich.gov.uk/>

Mental health Support

Wellbeing service NSFT – Provides psychological interventions to people aged 16 and over.

Self referral can be made by visiting

www.wellbeingnands.co.uk or calling telephone: 0300 123 1503.

Sexual health

ICASH - (integrated Contraception and Sexual Health) – This service provides all aspects of sexual and reproductive health, including contraception, sexually transmitted infection (STI) and HIV testing and treatment.

Or alternatively you can contact your own GP

Drug and alcohol services

Matthew Project for young people experiencing substance misuse, they also help with mental health and employment education and training – find out more about how to access their services at <https://www.matthewproject.org>

CGL (Change Grow, Live) – Drug and alcohol services 01603 514096 or email norfolk.info@cgl.org.uk.

Education and skill development

St Eds – Employability skills for young people who find mainstream school challenging

<http://st-eds.org/> for age 16-18 or up to age 25 with an EHCP

Stepping Stones - <https://www.steppingstonesproject.com/>

Employability skills for adults with learning disabilities

City College - Range of education courses - <https://www.ccn.ac.uk/>

The conservation volunteers – gardening and conservation in the local community

<https://www.tcv.org.uk/eastern/tcv-norfolk/>