



Wymondham Rugby Club – Local resources and support list

If you feel that you or someone you know are struggling or could benefit from some support, consider reaching out to someone you trust, speak to your GP or see this list of places you can go for resources or support that is available in the local area:

Mental Health Support

Give A Ruck: Mental health for rugby

<https://www.givearuck.com/>

OCD UK:

www.ocdaction.org

Norfolk and Suffolk Wellbeing service:

<https://www.wellbeingnands.co.uk/>

0300 123 1503

Mind:

www.mind.org.uk

0300 123 3393

Anxiety UK:

www.anxietyuk.org.uk

Calm: Campaign against living miserably

www.thecalmzone.net

Mindshift: Anxiety resources

www.anxietybc.com/resources/mindshift-app

CBT Online: Resources to consider for self-help

www.getselfhelp.co.uk

Some of these websites have resources that may be helpful to work through yourself or show to someone else, or there are people that you can contact to talk to if you think this would help. Everyone will find different things useful so have a look at all of the options that might be applicable

Jud Brewer: COVID resources

<https://drjud.com/coronavirus-anxiety/>

Norfolk Community Law Service: Free, independent legal advice

www.ncls.co.uk

Samaritans: A safe place to talk

Email: jo@samaritans.org

<https://selfhelp.samaritans.org/accounts/login/>

Step change: Debt charity

www.stepchange.org

Leeway: Domestic Violence and Abuse Services

0808 503 3474

Email: adviceandsupport@leewaynw.a.org.uk

Cruse: Bereavement Care

<https://www.cruse.org.uk/get-help/local-services/eastern-england/norwich-and-central-norfolk/contact-us>

CGL: Norfolk Alcohol and Drug service

<https://www.changegrowlive.org/alcohol-drug-behaviour-change-norfolk>

Child Specific Resources

Childline:

<https://www.childline.org.uk/get-support/contacting-childline/>

Youngminds:

www.youngminds.org.uk

Nelson's Journey: Child Bereavement Support

<https://www.nelsonsjourney.org.uk/contact-us/>