



for better mental health

Norfolk and
Waveney



We need your help...

...to design effective crisis response services in Norfolk and Waveney

Supporting those in crisis

It is more important than ever that we support each other, especially those who are experiencing a mental health crisis. Life has changed so much over the last year and for many of us this has felt overwhelming and unmanageable.

Norfolk and Waveney Mind is dedicated to supporting those in crisis, co-creating services that save lives and supporting those of us managing our mental health... but we need your help to do it.

Have you or someone you've supported:

- **experienced a mental health crisis**
- **accessed secondary mental health services**
- **got ideas about what is needed or would help those in crisis?**

We want to talk to as many people as we can, working to co-design and develop a new service. If you've got something to say and want to be a part of this crucial work you can click the links below to:

[Let us know you'd like to take part](#)

[Share your ideas with one of the team](#)

[Complete a short survey](#)

If you have any questions or would like to get involved you can click on the links above or contact us on the details below. We really do appreciate your help and the only way we are going to create the best services is if we do it together.

Thank you for your help

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