



MAP Advice Line

For young people aged 11-25 throughout Norfolk

MAP is here for young people. We're providing a free phone advice line and email advice service for young people across Norfolk.

0800 0744454

advice@map.uk.net

**Open 10.30 am – 5.30 pm Monday to Friday
(except bank holidays)**

If you live in Norfolk, are aged 11-25, please call or email us 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

Our team of expert advisers will be there to help. It's free and confidential. We will listen to what you have to say. We will not judge you. To find out about all the things we provide advice and support on go to www.map.uk.net.