



Norfolk C.A.L.M.  
Norfolk Counselling And Learning Matrix

Affected by MS?  
a free

# Counselling Service

for individuals (carers/partners as well as the person with MS), for couples and for families is now available at a variety of locations across North Norfolk. Home visits are also available for anyone unable to travel.

Counselling can help in many ways including:

- coming to terms with the condition when newly diagnosed
- adapting to changes within the condition and the impact this has on family relationships
- dealing with depression, one of the symptoms commonly linked to MS
- improving confidence and self esteem
- finding coping mechanisms to help with the day to day problems of living with a long term condition

The service is provided by **Norfolk CALM**. To book an appointment or find out more please contact Jeanne Norman on 01263 722792 or 0770 629220 or at [jeanne.norman@btinternet.com](mailto:jeanne.norman@btinternet.com)

The service is funded by the **MS Society North Norfolk Branch**. To find out more about how the branch can help please contact their support team on 07507087976 or at [nnmss@nnmss.plus.com](mailto:nnmss@nnmss.plus.com)