

How Connect Works

We work with anyone who is suffering crisis, poverty or hardship and is worried about their mental health and wellbeing.

We can offer:

- a complete needs assessment and support plan around the poverty or hardship crisis
- to work with people to identify what areas need addressing
- to help with prioritising needs
- signposting or referral to other relevant support agencies
- advocacy if/when necessary

Connect Project

The Connect Project brings together Carlisle Eden Mind alongside other agencies including:

- Citizens Advice Carlisle and Eden
- Cumbria Law Centre
- Cumbria Action for Social Support

For more information or to make a referral please contact us:

Call: 01228 370633

Email: connect@cemind.org

Web: www.cemind.org



If you are supporting people who are:

In crisis?

In debt? No money?

Suffering hardship?

Lost their job?

Housing problems?

Worried about benefits?



The Connect Project works with people who are in crisis, poverty or hardship and have concerns about their mental wellbeing.



LOTTERY FUNDED



Working in partnership with Citizens Advice, Cumbria Law Centre and Cumbria Action for Social Support