

**Key Telephone and Text Helplines:**

[Samaritans](#) 116 123 Whatever problems you are facing Samaritans are there to listen 24/7  
[SHOUT](#) Text Shout to 85258 Crisis text service for support with any mental health concern 24/7

[CALM Campaign Against Living Miserably](#) – 0800 58 58 58 Helpline for men of all ages 5pm – Midnight.  
[Childline](#) 0800 11 11 Normally 24/7 Support currently available from 9am-Midnight and on line 1-2-1 chat  
[Lancs and South Cumbria Mental Health Helpline](#): 0800 915 4640 24/7 NHS Mental Health and wellbeing helpline for Lancashire and South Cumbria  
[MindLine Cumbria](#) - 0300 561 0000 text Mind to 81066  
Information, guidance and support. Midday-11pm Mon-Fri. 5-11pm Weekends.  
[Papyrus Hopeline](#) 0800 068 4141 Support for young people. 9am-10pm Mon-Fri. 2-10pm Weekends.  
[Silverline](#) 0800 470 80 90 Information, friendship and advice for older people 24/7  
[Young Minds Parent Line](#) 0808 802 5544 Advice for parents and carers worried about a young person 9.30-4pm Mon-Fri.  
[Young Minds Crisis Messenger](#) Text YM to 85258 Crisis text support for under 25s 24/7

**Mental Health:**

**Online resources:**

**Every Mind Matters** : [www.nhs.uk/oneyou/every-mind-matters/](http://www.nhs.uk/oneyou/every-mind-matters/) NHS Mental Health and Wellbeing advice from how to deal with stress and anxiety to how to sleep better including a list of [NHS recommended Apps](#)

**Good Thinking**: [www.good-thinking.uk](http://www.good-thinking.uk) Online wellbeing resources and guides produced by London NHS services

**MindED**: [www.minded.org.uk/](http://www.minded.org.uk/) NHS E-learning modules on young peoples and older adults mental health  
**NHS Self Help Guides**

[www.cntw.nhs.uk/home/accessible-information/easy-read/self-help-guides](http://www.cntw.nhs.uk/home/accessible-information/easy-read/self-help-guides) Self-help guides for a range of mental health issues produced by Cumbria, Northumberland, Tyne and Wear NHS.

**Recovery College Online**: [www.recoverycollegeonline.co.uk](http://www.recoverycollegeonline.co.uk) Information and online courses on mental health, recovery wellbeing and the current COVID-19 pandemic

**Useful Apps:**

There are numerous apps to promote wellbeing and recovery check out [NHS recommended Apps](#): [www.nhs.uk/oneyou/apps/](http://www.nhs.uk/oneyou/apps/). Apps include Calm Harm, Stay Alive, STOPP, SAM anxiety management, Think Ninja, Mindshift, Silvercloud

**National Support:**

**Anxiety UK**: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk) providing support for people with anxiety and anxiety based depression. Infoline 03444 775774 (daily 9:30am- 5:30pm)

**B-eat**: [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk) supporting people affected by eating disorders.  
Helpline: 0808 8010677 Youth Line: 0808 8010711 Open Mon-Fri 12-8pm, weekend 4-8pm

**Bipolar UK**: [www.bipolaruk.org](http://www.bipolaruk.org) online support and supporting local peer support groups around Cumbria.  
Peer Support Line: 07591375544 to arrange a call back

**Depression UK:** <http://depressionuk.org/> National self help organisation helping people cope with their depression

**Doc Ready:** [www.docready.org](http://www.docready.org) providing information and support about talking to your GP about your mental health

**Mental Health Foundation:** [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk) Mental health resources and information

**Mind:** [www.mind.org.uk](http://www.mind.org.uk) Mental health information and self help guides

InfoLine: 0300123393 Mon-Fri 9am-6pm Legal Line: 0300 4666463 Mon-Fri 9am-6pm

**Elefriends:** [www.elefriends.org.uk/](http://www.elefriends.org.uk/) safe online forum to talk about your mental health ran by National Mind

**No Panic:** [www.nopanic.org.uk](http://www.nopanic.org.uk) support for anxiety disorders and panic attacks Helpline 0844 967 4848 Daily 10am-10pm

**RETHINK:** [www.rethink.org](http://www.rethink.org) provides support to those experiencing severe mental illness, their carers and relatives. 0300 5000 927

**SANE:** [www.sane.org.uk](http://www.sane.org.uk) provides support and advice to people experiencing mental illness including Saneline 0300 304 7000 (current number during COVID-19 leave a message on 07984 967708)

**Supportline:** [www.supportline.org.uk](http://www.supportline.org.uk) provide confidential emotional support. Helpline 01708 765200

**Time to Change:** [www.time-to-change.org.uk/](http://www.time-to-change.org.uk/) Providing resources to tackle mental health stigma

### **Finding a counsellor:**

Counselling Directory: [www.counselling-directory.org.uk/](http://www.counselling-directory.org.uk/)

BACP: British Association for Counselling and Psychotherapy: [www.bacp.co.uk/](http://www.bacp.co.uk/)

### **Self Harm:**

**Harmless:** [www.harmless.org.uk/](http://www.harmless.org.uk/) Self harm and suicide prevention project including the Tomorrow Project

**National Self Harm Network:** [www.nshn.co.uk/](http://www.nshn.co.uk/) moderated on line forum

**Selfharm UK:** [www.selfharm.co.uk](http://www.selfharm.co.uk) Site dedicated to self harm recovery, insight and support including on line alumni support

### **Suicide and Crisis Support in addition to those on first page**

**Staying Safe:** <https://staying-safe.net/> Online resource on safety planning

**Hub of Hope:** <https://hubofhope.co.uk/> National directory to find local support

**James' Place:** [www.jamesplace.org.uk/](http://www.jamesplace.org.uk/) Offering suicidal crisis support for men Text JP to 85258 24/7

**Maytree:** [www.maytree.org.uk](http://www.maytree.org.uk) providing support in a suicidal crisis with a respite centre in London 0207 263 7070

### **Local:**

#### **NHS Support:**

**NHS 111** For NHS advice and referral for any health or mental health related issues 24/7

**Lancs and South Cumbria Mental Health Helpline:** 0800 915 4640

24/7 Mental Health and wellbeing helpline for Lancashire and South Cumbria and text service text HELLO to 07860 022846 Mon-Fri 7pm-11pm, Sat/Sun 12pm-12am

**NHS First Step - North and West Cumbria :** [www.cntw.nhs.uk/services/first-step/](http://www.cntw.nhs.uk/services/first-step/)

- 0300 123 9122 Currently offering telephone based and online CBT therapy

**NHS First Step - South Cumbria:** [www.lscft.nhs.uk/first-step](http://www.lscft.nhs.uk/first-step) 0300 555 0345 Currently offering telephone based and online CBT therapy

**Single Point of Access Line** 24 hour line for referral into mental health services for professionals and clients/ carers who have accessed services in last 3 years 0300 123 9015

**North East and North Cumbria Suicide Prevention Network:** [www.stopsuicidenenc.org/](http://www.stopsuicidenenc.org/) NHS resources and information for North Cumbria

**Lancashire and South Cumbria Suicide Prevention:** [www.healthierlsc.co.uk/suicide](http://www.healthierlsc.co.uk/suicide) NHS resources and information for South Cumbria

## **Other:**

**Every Life Matters:** [www.every-life-matters.org.uk/](http://www.every-life-matters.org.uk/) promoting suicide safer communities across Cumbria and delivering training and suicide bereavement support

**MindLine Cumbria:** <http://www.mindlinecumbria.org/> 0300 561 0000 text Mind to 81066 Information, guidance and support. Midday-11pm Mon-Fri. 5-11pm Weekends.

**Carlisle Eden Mind:** [www.cemind.org](http://www.cemind.org) 01228 543354 including the Connect Service, the Lighthouse and Your Voice (independent advocacy throughout Cumbria)

**Mind in Furness:** [www.mindinfurness.org.uk](http://www.mindinfurness.org.uk) 01229 827094 including supported housing, peer support, drop-in services

**Ulverston Mind:** [www.ulverstonmind.org.uk](http://www.ulverstonmind.org.uk) 01229 581578 including Connecting Mums and counselling

**Always another Way:** [www.alwaysanotherway.co.uk](http://www.alwaysanotherway.co.uk) aims to build stronger communities through local projects in West Cumbria

**Growing Well:** [www.growingwell.co.uk](http://www.growingwell.co.uk) Farm based mental health support in South Cumbria

**Healthy Hopes:** [www.healthyhopes.co.uk](http://www.healthyhopes.co.uk) Promoting mental health and wellbeing

**The Lighthouse:** [www.thelighthousecmhh.org](http://www.thelighthousecmhh.org) Peer led mental health support in South Lakeland

**People First:** <https://wearepeoplefirst.co.uk/> provide advocacy and representation and Healthwatch across Cumbria 03003 038037

**Richmond Fellowship:** [www.richmondfellowship.org.uk](http://www.richmondfellowship.org.uk) providing mental health support in the community and through housing schemes across Cumbria including Cumbria 24 hour crisis service based in Whitehaven

**SAFA:** [www.safa-selfharm.com](http://www.safa-selfharm.com) Self Harm Awareness for All: Offer counselling and support for individuals aged 11+ who self harm Tel: 01229 832269

## **Drug, Alcohol and Gambling Support**

### **National:**

**ADFAM:** <https://adfam.org.uk/> Support for families affected by drugs and alcohol

**Alcoholics Anonymous:** [www.alcoholics-anonymous.org.uk/](http://www.alcoholics-anonymous.org.uk/) Details of local self support group for anyone hoping to recover from alcoholism. Helpline 0800 9177 650

**GAMCARE:** [www.gamcare.org.uk](http://www.gamcare.org.uk) provides support & advice to anyone with a gambling problem National Gambling Helpline 0808 8020133 24/7

**Frank:** [www.talktofrank.com](http://www.talktofrank.com) Advice, information and support for anyone concerned about drugs and substance misuse. Helpline: 0300 123 6600 24/7 TEXT 82111

**Narcotics Anonymous:** <https://ukna.org/> Self-support group for anyone hoping to recover from a drug problem. 0300 9991212 Helpline 10.00am – midnight

**We are with you:** formerly Addaction [www.wearewithyou.org.uk/](http://www.wearewithyou.org.uk/) Confidential advice and support

### **Local:**

**Unity:** [www.gmw.nhs.uk/unity](http://www.gmw.nhs.uk/unity) Commissioned Drug and Alcohol Recovery Service across Cumbria including access to Breaking Free online resource

Allerdale 01900 270010

Barrow in Furness 01229 207020

Carlisle & Eden 01228 212060

Copeland 01946 350020

South Lakes 01539 244004

**CADAS:** [www.cadas.co.uk](http://www.cadas.co.uk) Countywide confidential support and help with drug and alcohol issues from aged 10+ 0300 114002

**Health & Wellbeing Officers** for young people under the age of 18 who show substance misuse needs including alcohol. North Cumbria 0782 5340514; West Cumbria 0788 7947621; South Cumbria 0790 0060645

**The Well:** [www.thewellcommunities.co.uk/](http://www.thewellcommunities.co.uk/)

01229 829832 support to people in South Cumbria recovering from drug and alcohol addiction through therapy, counselling, peer mentoring, employment training and social activities

## **Bereavement Support**

**Child Bereavement UK:** [www.childbereavementuk.org](http://www.childbereavementuk.org) Offering bereavement support to children and young people and if a child dies. National helpline: 0800 0288840

Child Bereavement UK Cumbria: 01539 628 311 [cumbriasupport@childbereavementuk.org](mailto:cumbriasupport@childbereavementuk.org)

**Coroners Court Support Service:** <https://coronerscourtsupportservice.org.uk/> Provide practical and emotional support to the family at a coroners' courts Helpline 0300 1112141 Mon-Fri 9am-7pm

**Cruse:** <https://www.cruse.org.uk/> Bereavement support National Helpline 0808 8081677

**Cruse Cumbria:** [www.crusecumbria.org.uk](http://www.crusecumbria.org.uk) Local Help Line: 0300 6003434

**BEAD:** [www.beadproject.org.uk/](http://www.beadproject.org.uk/) Bereaved by alcohol or Drugs Project ran by CRUSE and ADFAM

**Winston's Wish** [www.winstonswish.org.uk](http://www.winstonswish.org.uk) Providing support and guidance to bereaved children or anyone concerned about a grieving child. 0808 8020021

**The Bluebell Foundation:** [www.bluebell.org.uk/](http://www.bluebell.org.uk/) Support in South Cumbria for people experiencing grief associated to loss during pregnancy, fertility issues, death of a child or support for a young person around bereavement Helpline 0751 6556081

## **Suicide Bereavement**

**Support after Suicide:** [www.supportaftersuicide.org](http://www.supportaftersuicide.org) Providing information and support following a suicide including the 'Help is at Hand' and 'Finding the Words'

**Every Life Matters:** [www.every-life-matters.org.uk](http://www.every-life-matters.org.uk) Providing countywide suicide bereavement support from summer 2020

**Suicide Bereavement Service** (formerly SOBS Cumbria): [www.sbs.org.uk](http://www.sbs.org.uk) A volunteer-led organisation in Cumbria for those bereaved by the suicide of a close relative or friend offering peer support meetings. Contact John on 0757 297 5721 or Karan on 0789 670 3757

**SOBS** Survivors of Bereavement by Suicide <https://uksobs.org/> National Helpline 0300 1115065

## **Health – general, disability, learning disabilities and carers:**

### **General**

**Support with day to day living due to illness or disability** <https://www.nhs.uk/conditions/social-care-and-support-guide/> information of what support and resources are available

**Healthwatch:** <https://healthwatchcumbria.co.uk/> Feedback and reviews of health and social care in Cumbria 03003038567

**NHS:** <https://www.nhs.uk/> NHS online resource, health guides, finding your nearest GP, pharmacist etc. For non urgent advice ring 111

### **Cumbria County Council: Adult Social Care**

Allerdale / Copeland 0300 3033589	Barrow / S Lakes 0300 3032704
Carlisle / Eden 0300 3033249	Emergency Duty Team 01228 526690

Health and Wellbeing Coaches referral through ASC

### **Disability**

**Disability Associations:** Services and support for people with disabilities in Cumbria.

Carlisle /Eden 01228 317070 Welfare Benefits Advice 01228 317010 [www.carlisledisability.org.uk](http://www.carlisledisability.org.uk)

Barrow 01229 870272 Allerdale 01900 61912 [www.allerdaledisability.com](http://www.allerdaledisability.com)

### **Learning Disability**

**Support in North Cumbria:** <https://northcumbriaccg.nhs.uk/your-health/learning-disability-and-autism>

**Support in South Cumbria:** <https://www.lscft.nhs.uk/learning-disabilities-and-autism-south-cumbria>

**People First:** <https://wearepeoplefirst.co.uk/> provide advocacy and representation across Cumbria 03003 038037

### **Carers**

**Carers UK:** [www.carersuk.org](http://www.carersuk.org) Help and Advice to make life better for carers

**Carers Direct:** Confidential information and advice for anyone looking after someone else

0300 1231053 Monday to Friday, 9am to 8pm and weekends, 11am to 4pm

**Local Carers Associations:** [www.carerssupportcumbria.org.uk](http://www.carerssupportcumbria.org.uk) 08443 843 230 Advice and support and links to local Carers Associations

## **Children and Young People:**

### **National:**

**Anna Freud Centre:** [www.annafreud.org](http://www.annafreud.org) on line resource and support for children, families and schools

**Family Lives:** [www.familylives.org.uk](http://www.familylives.org.uk) Providing resources for families on a wide range of issues including BullyingUK Helpline 0808 8002222 Mon- Fri 9am-9pm, weekends 10am-3pm

**Mentally Healthy Schools:** [www.mentallyhealthyschools.org.uk](http://www.mentallyhealthyschools.org.uk) resource through Heads Together and Anna Freud Centre

**The Mix:** [www.themix.org.uk](http://www.themix.org.uk) Advice and support for under 25s on mental health, physical health, relationships, drugs etc 0808 808 4994 4-11pm

**Muslim Youth Helpline:** [www.myh.org.uk](http://www.myh.org.uk) Helpline 0808 808 2008 4-10pm

**NSPCC** [www.nspcc.org.uk](http://www.nspcc.org.uk) Advice and support. Childline: 0800 11 11 Support currently available from 9am-Midnight (normally 24/7) and on line 1-2-1 chat

**Papyrus - Prevention Young Suicide** [www.papyrus-uk.org](http://www.papyrus-uk.org) Support and advice for Young People who may be feeling suicidal. Hopeline – 0800 068 4141 9am-10pm Mon-Fri. 2-10pm Weekends.

**Young Minds:** [www.youngminds.org.uk](http://www.youngminds.org.uk) Information and advice and support on young people's mental health including:

- Young Minds Parent Line 0808 802 5544 9.30-4pm Mon-Fri,
- Young Minds Crisis Messenger Text YM to 85258 Crisis text support for under 25s 24/7
- [Information about medication](#) (previously headmeds website)

### **Local:**

**Cumbria Safeguarding Children:** [www.cumbriasafeguardingchildren.co.uk](http://www.cumbriasafeguardingchildren.co.uk)

Early Help [www.cumbriasafeguardingchildren.co.uk/LSCB/earlyhelp.asp](http://www.cumbriasafeguardingchildren.co.uk/LSCB/earlyhelp.asp)

Information on the Early Help service 03003 033896 / [early.help@cumbria.gov.uk](mailto:early.help@cumbria.gov.uk)

Safeguarding Hub 0333 2401727 (including out of hours emergency duty team)

**CAMHS – Child and Adolescent Mental Health Services** referral to CAMHS and My Time made via CAMHS SPA referral form obtained via local office. No self referral accepted. East (Carlisle & Eden) 01228

608870 [camhs.east1@nhs.net](mailto:camhs.east1@nhs.net) West 01900 70603985 [camhs.west1@nhs.net](mailto:camhs.west1@nhs.net)

**North Cumbria Crisis Assessment and Intervention Service (CAIS):** 01228 603964. Telephone assessment and support will be given initially. Mon- Fri 9am-8pm and weekends 9am-1pm (part of adult crisis service)

**MyTime Cumbria (Barnados) Primary Care Mental Health Service South Cumbria** Referrals can be made directly by contacting MyTime on 01539 742626 [MyTimeCumbria@barnados.org.uk](mailto:MyTimeCumbria@barnados.org.uk)

**Lancashire and South Cumbria Young Peoples Resource** <https://www.healthyyoungmindspsc.co.uk/home> providing a variety of advice, guidance and support related to children and young people's mental health and emotional wellbeing.

**Action for Children:** [www.actionforchildren.org.uk](http://www.actionforchildren.org.uk) Child and Family support services in South Lakeland

**Barnados:** [www.barnados.org.uk](http://www.barnados.org.uk) Various services across Cumbria including targeted support, missing from home, My Time (access via CAMHS) also run child and family support in Eden

**Brathay:** [www.brathay.org.uk](http://www.brathay.org.uk) Support for young people in South Cumbria

**Carlisle Youth Zone:** [www.carlisleyouthzone.org](http://www.carlisleyouthzone.org) Youth work in Carlisle 01228516280

**Cumbria Family Support:** [www.cumbriafamilysupport.org.uk](http://www.cumbriafamilysupport.org.uk) Providing support to families across North and West Cumbria 01768 593102

**Cumbria Youth Alliance:** [www.cya.org.uk/](http://www.cya.org.uk/) Providing support and run projects for young people within the community

**Dropzone:** [www.drop-zone.uk/](http://www.drop-zone.uk/) Youth work in the Furness area 01229 812888

**Family Action:** [www.family-action.org.uk/](http://www.family-action.org.uk/) Child and Family support services in Barrow, Copeland, Allerdale and Carlisle

**Inspira:** [www.inspira.org.uk](http://www.inspira.org.uk/) Careers and development service across Cumbria including NCI programme  
0345 658 8647

**Kooth:** [www.kooth.com/](http://www.kooth.com/) Free safe anonymous online support for young people commissioned by Cumbria County Council. Online support Mon- Fri 12-10pm, Sat - Sun 6-10pm

**PAC Therapy:** <https://pactherapy.org/> Provide therapy to young people in Carlisle

**Young Cumbria:** [www.youngcumbria.org.uk/](http://www.youngcumbria.org.uk/) Providing support through face to face and project work to young people

## **Older Adults:**

**AGE UK:** [www.ageuk.org.uk/](http://www.ageuk.org.uk/)

Advice and Information. Helpline 0800 6781602 8am-7pm Branches throughout Cumbria

**Alzheimers Society:** [www.alzheimers.org.uk/](http://www.alzheimers.org.uk/) information and support and links to local branches

**Silverline:** [www.thesilverline.org.uk/](http://www.thesilverline.org.uk/) – 0800 470 80 90 Information, friendship and advice for older people  
24/7

## **Womens' Organisations:**

**Womens Community Matters:** [www.womenscommunitymatters.org/](http://www.womenscommunitymatters.org/) Offer a wide range of support for women in the Barrow area

**Women out West:** <http://womenoutwest.co.uk/> Offer a wide range of support for women in the Copeland area

**Gateway 4 Women:** <http://gateway4women.com/> Offering a wide range of support for women in the Carlisle area

## **Victim support, domestic abuse and sexual assault:**

**Cumbria Together** [www.cumbriatogether.com/](http://www.cumbriatogether.com/) Directory of support for those affected by crime or anti-social behaviour

**Police** – non emergency 101

**Victim Support:** [www.victimsupport.org.uk](http://www.victimsupport.org.uk/) Victim Support in Cumbria. 0300 303 0157. Mon to Fri, 8am-6pm

## **Domestic Abuse:**

**National Domestic Abuse Helpline:** [www.nationaldahelpline.org.uk/](http://www.nationaldahelpline.org.uk/) 24 hour free national domestic abuse helpline 0808 2000247

**Mens Helpline** <https://mensadvice.org.uk/> Freephone support line for men affected by domestic abuse  
0808 8010327 Mon, Wed 9am-8pm, Tues, Thurs, Fri 9am-5pm

**Broken Rainbow UK:** [www.brokenrainbow.org.uk/](http://www.brokenrainbow.org.uk/) LGBT Domestic Violence Charity LGBT Domestic Abuse Helpline 0800 9995428

## **Sexual Assault:**

**Independent Domestic and Sexual Violence Advisers IDSVAs in Cumbria:**

<https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/north-west/cumbria>

List of independent domestic and sexual violence advisers in Cumbria

**The Birchall Trust:** [www.birchalltrust.org.uk](http://www.birchalltrust.org.uk/) Offers support to those affected by rape and sexual abuse in South Cumbria and North Lancashire. 01229 820828

**Bridgeway Sexual Assault Support Service:** [www.thebridgeway.org.uk](http://www.thebridgeway.org.uk/) Providing support for anyone in Cumbria who have been raped or sexually assaulted \_0808 1186432 24/7

**The Freedom Project:** [www.freedom-project-west-cumbria.org.uk/](http://www.freedom-project-west-cumbria.org.uk/) Providing support in West Cumbria  
Helpline 07712 117986

**Safety Net:** [www.safetynetuk.org/](http://www.safetynetuk.org/) Supporting those affected by rape, exploitation sexual abuse or domestic violence in North & West Cumbria 01228 515859

**Springfield:** <https://springfieldsupport.org/> Provides domestic abuse in South Lakeland 01539 720313

## Equality

### Religion Belief and Culture in our Community

[www.cumbria.gov.uk/elibrary/Content/Internet/535/612/43503101029.pdf](http://www.cumbria.gov.uk/elibrary/Content/Internet/535/612/43503101029.pdf) Cumbria supplement to a national resource

**Refugee Council:** [www.refugeecouncil.org.uk/](http://www.refugeecouncil.org.uk/) Providing information for refugees

**AWAZ Cumbria:** [www.awazcumbria.org/](http://www.awazcumbria.org/) Providing support to Black and Minority Ethnic community in Cumbria

### LGBTQ+

**LGBThq Cumbria** [www.LGBThq.org.uk](http://www.LGBThq.org.uk) provides support and advice including free counselling to LGBTQ+ also Sticky Bits Café PiNC Youth 01228 267247

**MindOut:** [www.mindout.org.uk](http://www.mindout.org.uk) LGBTQ+ mental health support

**Outreach Cumbria** [www.outreachcumbria.co.uk](http://www.outreachcumbria.co.uk) Countywide support and advice for LGBTQ+

**Stonewall:** [www.stonewall.org.uk/](http://www.stonewall.org.uk/) Support and advice for LGBTQ+

## Veterans

**British Legion:** [www.britishlegion.org.uk/](http://www.britishlegion.org.uk/) Providing advice and support on housing, money, mental wellbeing Helpline 0808 802 8080 8am-8pm

**Combat Stress:** [www.combatstress.org.uk](http://www.combatstress.org.uk) Providing mental health support and advice to serving and ex-military. Helplines available 24/7 Veterans and families: 0800 138 1619 Serving personnel and families: 0800 323 4444

**SSAFA:** [www.ssafa.org.uk/](http://www.ssafa.org.uk/) Providing advice and support on housing, money, mental wellbeing Helpline 0800 7314880 Mon-Fri 9am-5.30pm

**Veterans Gateway:** [www.veteransgateway.org.uk/](http://www.veteransgateway.org.uk/) Providing advice and support on housing, money, mental wellbeing Helpline 24/7 0808 8021212

## Farming

**Farming Community Network:** [www.fcn.org.uk](http://www.fcn.org.uk) Pastoral and practical support for the farming community Helpline 0300 111 999 7am-11pm

**RABI:** <https://rabi.org.uk/> Providing support to farming families. Helpline 0808 281 9490

## Advice

**Citizens Advice:** [www.citizensadvice.org.uk/](http://www.citizensadvice.org.uk/) Provides free, impartial and confidential advice National Advice Line 03444 111 444

Allerdale 01900 604735

Barrow 0344 4889624

Carlisle/Eden 03300 563037

Copeland 01946 693321

South Lakes 01539 446464

**ACAS:** [www.acas.org.uk/](http://www.acas.org.uk/) Online resource on employment rights

**Carlisle Key:** [www.carlislekey.co.uk/](http://www.carlislekey.co.uk/) Providing housing support to young people in Carlisle

**Christians against Poverty:** <https://capuk.org/> 0800 328006 free advice & help to those in debt with debt centres in Cumbria

**Cumbria Law Centre:** [www.cumbrialawcentre.org.uk/](http://www.cumbrialawcentre.org.uk/) Free legal advice and representation for people living in Cumbria. Tel: 01228 515129

**Manna House:** [www.manna-house.org.uk/](http://www.manna-house.org.uk/) Providing advice and support to the homeless, vulnerably housed and lonely in South Lakeland

**Money Advice Service:** [www.moneyadviceservice.org.uk/](http://www.moneyadviceservice.org.uk/) Free debt advice and online resource 0800 138 7777 8am-6pm

**National Debtline:** [www.nationaldebtline.org/](http://www.nationaldebtline.org/) Free confidential debt advice 0808 808 4000 9am-8pm

**Shelter:** <https://england.shelter.org.uk/> Free housing advice and on line resource Helpline 0808 8004444 Mon-Fri 8am-8pm, Sat-Sun 9am-5pm