

**Age UK:** provides services and support for people in later life. Branches across Cumbria. Advice Line 0800 1698787 [www.ageuk.org.uk](http://www.ageuk.org.uk)

**Alcoholics Anonymous:** Self support group for anyone hoping to recover from alcoholism. 0800 9177 650 [help@aamail.org](mailto:help@aamail.org) [www.alcoholics-anonymous.org.uk/](http://www.alcoholics-anonymous.org.uk/)

**BACP: British Association for Counselling and Psychotherapy** directory of therapists who are BACP recognised [www.itisgoodtotalk.org.uk/therapists](http://www.itisgoodtotalk.org.uk/therapists)

**Barnados:** various services across Cumbria including targeted support, childrens centres, missing from home, My Time (access via CAMHS) [www.barnados.org.uk](http://www.barnados.org.uk)

**B-eat:** Supporting people affected by eating disorders.  
Helpline: 0808 8010677 Youth Line: 0808 8010711 [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

**Bipolar UK:** web based support and supporting local self-help groups around Cumbria.  
Tel: 0333 3233880 [www.bipolaruk.org](http://www.bipolaruk.org)

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

**Borderline Counselling:** means tested counselling service in Carlisle 01228 596900  
[www.borderlinecounselling.org.uk](http://www.borderlinecounselling.org.uk)

**Bridgeway Sexual Assault Support Service** service for men, women, children and young people in Cumbria who have been raped or sexually assaulted, either recently or in the past. 0808 1186432 [www.thebridgeway.org.uk](http://www.thebridgeway.org.uk)

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

Allerdale 01900 604735	Copeland 01946 693321
Carlisle & Eden 03300 563037	South Lakes 01539 446464

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

**CALM Campaign Against Living Miserably:** working to prevent male suicide  
Helpline: 0800 585858 (open 5pm- midnight) [www.thecalmzone.net](http://www.thecalmzone.net)

**Carers Direct:** Confidential information and advice for anyone looking after someone else  
0300 1231053 [www.nhs.uk/carersdirect](http://www.nhs.uk/carersdirect)

**Local Carers Associations:** [www.carerssupportcumbria.org.uk](http://www.carerssupportcumbria.org.uk) 08443 843 230  
Carlisle Carers 01228 542156; Eden Carers 01768 890280; Furness Carers 01229 822 822; South Lakeland Carers 01539 815970; West Cumbria Carers: 01900 821976

**Carlisle Youth Zone:** 01228513280 [www.carlisle-youthzone.org](http://www.carlisle-youthzone.org)

**Childline:** Free 24 hour confidential helpline for children and young people. 0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)

**Child Bereavement UK:** [www.childbereavementuk.org](http://www.childbereavementuk.org) helpline: 0800 0288840  
01539 628 311 [cumbriasupport@childbereavementuk.org](mailto:cumbriasupport@childbereavementuk.org)

**CHOC: Cumbria Health on Call** Out of hours healthcare in Cumbria Tel:111 [www.choclttd.co.uk](http://www.choclttd.co.uk)

**Christians against Poverty:** free advice & help to those in debt with debt centres in Cumbria  
0800 328006 [www.capuk.org](http://www.capuk.org)

**Combat Stress:** Support for military veterans on a range of mental health conditions including PTSD, anxiety and depression 0800 1381619 [www.combatstress.org.uk](http://www.combatstress.org.uk)

**Cruse Bereavement Care:** Bereavement support Local Help Line: 0300 6003434  
[www.crusecumbria.org.uk](http://www.crusecumbria.org.uk) 0844 477 9400 [www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk)

## **Cumbria County Council**

### **Adult Social Care**

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

**Health and Wellbeing Coaches** referral through ASC

**Children's Services Safeguarding** 0333 2401727 (including out of hours emergency duty team) [www.cumbrialscb.com](http://www.cumbrialscb.com)

**Focus Families:** part of the national troubled families programme offering support to harder to reach families

[www.cumbria.gov.uk/childrensservices/strategyandcommissioning/focusfamily/aboutfocusfamily.asp](http://www.cumbria.gov.uk/childrensservices/strategyandcommissioning/focusfamily/aboutfocusfamily.asp) Referral through: [focusfamily@cumbria.gov.uk](mailto:focusfamily@cumbria.gov.uk)

**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

**Cumbria Gateway** – Services and support for people recovering from drug and alcohol abuse. Tel: 01228 524 450 [www.cumbriagateway.co.uk](http://www.cumbriagateway.co.uk)

**Cumbria Partnership Trust:** [www.cumbriapartnership.nhs.uk](http://www.cumbriapartnership.nhs.uk)

**A-maze** - Help for people with early symptoms of psychosis (aged 14-65) access via GP or [A-Maze@cumbria.nhs.uk](mailto:A-Maze@cumbria.nhs.uk)

**ANIS Anorexia Nervosa Intensive Service** 07766443261 [ANIS@ncumbria.nhs.uk](mailto:ANIS@ncumbria.nhs.uk)

**CAMHS – Child and Adolescent Mental Health Services** referral to CAMHS (Tier 3) and My Time (Tier 2) made via CAMHS SPA referral form obtained via local office. No self referral accepted. East (Carlisle & Eden)01228 603017 [camhs.east1@nhs.net](mailto:camhs.east1@nhs.net) West 01900 705800 [camhs.west1@nhs.net](mailto:camhs.west1@nhs.net) South 01229 402696 [camhssouth@nhs.net](mailto:camhssouth@nhs.net)

**First Step** – Help and Support service for people with mild to moderate mental health problems. Self referral or via GP. (Also access to SilverCloud Online CBT) 0300 1239122

**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

**Cumbria Law Centre:** Free legal advice. Tel: 01228 515129 [www.cumbrialawcentre.org.uk](http://www.cumbrialawcentre.org.uk)

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

Carlisle /Eden 01228 674 882 Welfare Benefits Advice 01228 672446 [www.carlisedisability.org.uk](http://www.carlisedisability.org.uk)  
Barrow 01229432599 [www.bdda.org.uk](http://www.bdda.org.uk) Allerdale 0845 1299945 [www.allerdaledisability.com](http://www.allerdaledisability.com)

**East Cumbria Family Support:** [www.eastcumbriafamilysupport.org.uk](http://www.eastcumbriafamilysupport.org.uk) supporting families across Carlisle and Eden 01768 593102

**Every Life Matters:** new suicide prevention charity for Cumbria [www.every-life-matters.org.uk](http://www.every-life-matters.org.uk)

**Family Lives:** online and helpline resource for families including BullyingUK [www.familylives.org.uk](http://www.familylives.org.uk) helpline 0808 8002222

**Farming Community Network:** pastoral and practical support to farming community  
Tel: **0845 367 9990** [www.fcn.org.uk](http://www.fcn.org.uk)

**Food Banks in Cumbria:** details of all food <http://www.cumbria.gov.uk/welfare/foodbank.asp>

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

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

**Harmless:** Self harm support also incorporates the Tomorrow Project for people in suicidal crisis [www.harmless.org.uk](http://www.harmless.org.uk)

**Healthy Hopes:** [www.healthyhopes.co.uk](http://www.healthyhopes.co.uk)

**If U Care Share:** support for those bereaved by suicide and young people who are feeling suicidal 0191 387 5661 [www.ifucareshare.co.uk](http://www.ifucareshare.co.uk)

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

**James' Place:** suicidal crisis support for men Text JP to 85258 24/7

**KOOTH** [www.kooth.com](http://www.kooth.com) free online counselling service commissioned by Cumbria County Council for 11-25 year olds and web support

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

**Manna House:** Housing, homelessness, benefits advice / support and drop-in in Kendal. 01539 725534. [www.manna-house.org.uk](http://www.manna-house.org.uk)

**Maytree:** suicide respite centre in London 0207 263 7070 [www.maytree.org.uk](http://www.maytree.org.uk)

<b>MINDLINE CUMBRIA</b>	<b>0300 5610000 text Mind to 81066</b> <b><a href="http://www.mindlinecumbria.org">www.mindlinecumbria.org</a></b>
Carlisle Eden Mind	01228 543 354 <a href="mailto:enquiries@cemind.org">enquiries@cemind.org</a> <a href="http://www.cemind.org">www.cemind.org</a>
Ulverston Mind	01229 581578 <a href="mailto:advice@ulverstonmind.org.uk">advice@ulverstonmind.org.uk</a> <a href="http://www.ulverstonmind.org.uk">www.ulverstonmind.org.uk</a>
Mind in Furness	01229 827094 <a href="mailto:schoolstreet@mindinfurness.org.uk">schoolstreet@mindinfurness.org.uk</a> <a href="http://www.mindinfurness.org.uk">www.mindinfurness.org.uk</a>
Your Voice Advocacy Service	Independent advocacy service supporting people across Cumbria 0300 012 0103 <a href="mailto:enquiries@yourvoicecumbria.org">enquiries@yourvoicecumbria.org</a>
National Mind	Mind Information Line: 0300123393 <a href="mailto:info@mind.org.uk">info@mind.org.uk</a> <a href="http://www.mind.org.uk">www.mind.org.uk</a> Mind Legal Line 0300 4666463 <a href="mailto:legal@mind.org.uk">legal@mind.org.uk</a>

**MindOut:** Lesbian, Gay, Bisexual, Trans & Queer Mental Health Service [www.mindout.org.uk](http://www.mindout.org.uk)

The **Mix** confidential advice and support to under 25s on mental health, sex, drugs, money etc  
[www.themix.org.uk](http://www.themix.org.uk) 0808 8084994

**Muslim Youth Helpline** [www.myh.org.uk](http://www.myh.org.uk) Helpline 0808 808 2008 help@myh.org.uk

**Narcotics Anonymous:** Self-support group for anyone hoping to recover from a drug problem.  
0300 9991212 [www.ukna.org](http://www.ukna.org)

**National Debtline:** Free confidential debt advice 0808 808 4000 [www.nationaldebtline.co.uk](http://www.nationaldebtline.co.uk)

**National Self Harm Network:** Online support for individuals who self-harm and their families and carers [www.nshn.co.uk](http://www.nshn.co.uk)

**NHS 111:** Health advice and information service (replaces NHS Direct)

**NightStop** provision of emergency accommodation for 16 to 25 year old young people in the homes of approved volunteers. [www.depaulcharity.org/NightstopUK](http://www.depaulcharity.org/NightstopUK). Cumbria contact Sharon 07958 447477 [sharon.jackson@depaulcharity.org.uk](mailto:sharon.jackson@depaulcharity.org.uk)

**No Panic:** Support for anxiety disorders and panic attacks Helpline 0844 967 4848 Youth Helpline 0330 606 1174 [www.nopanic.org.uk](http://www.nopanic.org.uk)

**Outreach Cumbria:** Help advice and support to the LGBT community in Cumbria 0800 3457440 [www.outreachcumbria.co.uk](http://www.outreachcumbria.co.uk)

**PAC:** Counselling and art therapy for Young People in Carlisle 01228 533874 [www.pactherapy.org](http://www.pactherapy.org)

**PAPYRUS:** National organisation dedicated to the prevention of young suicide  
Hopeline (open til 10pm each day) 0800 068 41 41 [www.papyrus-uk.org](http://www.papyrus-uk.org)

**People First:** provide advocacy and Healthwatch across Cumbria [www.peoplefirstcumbria.org.uk](http://www.peoplefirstcumbria.org.uk)  
03003 038037

**POLICE:** Non emergency 101

**Red Cross** practical time limited support in a crisis [www.redcross.org.uk](http://www.redcross.org.uk) 01228 552484

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

**Richmond Fellowship:** provide housing /support across Cumbria  
[www.richmondfellowship.org.uk](http://www.richmondfellowship.org.uk) 01228 544089 and the Haven (24 hour crisis service)  
03300083911.

**SAFA:** Offering counselling and support for individuals aged 11+ who self harm and to those who support them. Countywide Tel: 01229 832269 [www.safa-selfharm.com](http://www.safa-selfharm.com)

**Safety Net:** Supporting young people affected by rape, sexual abuse or domestic violence in North & West Cumbria 01228 515859 [www.safetynet.site](http://www.safetynet.site)

**Samaritans:** 24 hour free confidential support for people feeling distressed or with thoughts of suicide Freephone 116 123 [www.samaritans.org](http://www.samaritans.org) email jo@samaritans.org

**SANE:** National Organisation providing support and advice to people experiencing mental illness  
0300 304 7000 [www.sane.org.uk](http://www.sane.org.uk)

**Selfharm UK:** on line alumni support, parents guide etc [www.selfharm.co.uk](http://www.selfharm.co.uk)

**Shelter:** housing and homelessness advice Shelterline 0808 8004444 Emergency advice 0808 1644660 [www.shelter.org.uk](http://www.shelter.org.uk)

**SHOUT:** 24 hour crisis text service - **Text Shout to 85258**

**Silverline:** 24 hour help and supportline for older people 0800 4708090 [www.silverline.org.uk](http://www.silverline.org.uk)

**Stonewall:** LGBT Information and support [www.stonewall.org.uk](http://www.stonewall.org.uk) 08000 502020

**SupportLine:** offers confidential emotional support to children, young adults and adults.  
Tel: **01708 765200** <http://www.supportline.org.uk>

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

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

**SOBS** Survivors of Bereavement by Suicide National 0300 1115065 [www.sobs.org.uk](http://www.sobs.org.uk)

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

Allerdale 01900 270010	Copeland 01946 350020
South Lakes 01539 742780	Carlisle & Eden 01228 212060
Barrow in Furness 01229 207020	

**Victim Support** providing support to victims of crime; now locally including domestic violence support 0300 3030157 [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

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

**Young Minds:** National Organisation committed to improving the emotional wellbeing and mental health of children and young people. [www.youngminds.org.uk](http://www.youngminds.org.uk) Young Mind Parent Line 0808 802 5544 and 24 hour free crisis messenger service text YM to **85258**

**Other online directories:**

**Cumbria County Council:** <http://search3.openobjects.com/kb5/cumbria/asch/home.page>

**Cumbria Together:** [www.cumbriatogether.org.uk](http://www.cumbriatogether.org.uk)

**Cumbria Advice Network:** [www.cumbriaadvicenetwork.org.uk](http://www.cumbriaadvicenetwork.org.uk)

**Equality Cumbria:** Resource website for BME groups, LGBT groups, disability groups, interfaith groups. [www.equalitycumbria.org](http://www.equalitycumbria.org)

**GP's LIST:** Information about services in GP practices across Cumbria  
[www.nhs.uk/Services/Trusts/GPs/DefaultView.aspx?id=5NE](http://www.nhs.uk/Services/Trusts/GPs/DefaultView.aspx?id=5NE)

**Hub of Hope:** [www.hubofhope.co.uk](http://www.hubofhope.co.uk) national mental health resource network

## Other Resources / websites and apps

**MindEd** free e-learning resource for professionals and parents /carers on mental health issues affecting children and young people produced by Royal College of Psychiatry and NHS England. New section on Older Adults mental health [www.minded.org.uk](http://www.minded.org.uk)

**A children and young people's whole system emotional and mental wellbeing support guide for professionals** [www.cumbria.gov.uk/eLibrary/Content/Internet/537/6683/6687/17172/4279584931.pdf](http://www.cumbria.gov.uk/eLibrary/Content/Internet/537/6683/6687/17172/4279584931.pdf)

**Time to Change** [www.timetochange.org.uk](http://www.timetochange.org.uk) resources, videos, lesson plans on challenging mental health stigma

**Doc ready** [www.docready.org](http://www.docready.org) helps you prepare to talk to your GP about Mental Health for first time

**Headmeds** [www.headmeds.org.uk](http://www.headmeds.org.uk) straight talking guide to medication and conditions

**Elefriends** [www.elfriends.org.uk](http://www.elfriends.org.uk) online community providing support on mental health (aged over 17)

**Big White Wall** [www.bigwhitewall.com](http://www.bigwhitewall.com) online community providing support

**Boing Boing** [www.boingboing.org.uk](http://www.boingboing.org.uk) website with resources and research regarding resilience

## NHS List of recommended apps

[www.nhs.uk/apps-library/category/mental-health/](http://www.nhs.uk/apps-library/category/mental-health/)

**CALM HARM:** a free app to help distract, resist or manage the urge to self harm.



**STAY ALIVE** free app designed by Grassroots to be a virtual suicide prevention resource; includes safety planning etc



**MindShift** free app to help young people and young adults deal with anxiety – looking at anxiety management and relaxation and also specific issues such as perfectionism



Other anxiety apps include **SAM** – self help for anxiety management and **Fear Fighter** which is online CBT for anxiety / phobias



Self Help Apps: **NHS Northumbria Tyne and Wear** have developed an app that allows you to access 23 different self help guides on mental health conditions



**Reasons 2:** A free app designed by Washington Mind in conjunction with young people to help improve our wellbeing  
Other wellbeing /moodtracker apps include Five Ways to Wellbeing, WRAP, Diary Mood Tracker, Catch it, Virtual Hopebox

**For younger children** – Positive Penguins; Chill Panda, myhappymind