

Age UK: provides services and support for people in later life. Branches across Cumbria. Advice Line 0800 1698787 www.ageuk.org.uk

Alcoholics Anonymous: Self support group for anyone hoping to recover from alcoholism. 0800 9177 650 help@aamail.org www.alcoholics-anonymous.org.uk/

BACP: British Association for Counselling and Psychotherapy directory of therapists who are BACP recognised 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

B-eat: Supporting people affected by eating disorders.
Helpline: 0808 8010677 Youth Line: 0808 8010711 www.beateatingdisorders.org.uk

Bipolar UK: web based support and supporting local self-help groups around Cumbria.
Tel: 0333 3233880 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

Borderline Counselling: means tested counselling service in Carlisle 01228 596900
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

CAB Citizens Advice Bureau: Provides free, impartial and confidential advice 03444 111 444
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

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

Carers Direct: Confidential information and advice for anyone looking after someone else
0300 1231053 www.nhs.uk/carersdirect

Local Carers Associations: 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

Childline: Free 24 hour confidential helpline for children and young people. 0800 1111
www.childline.org.uk

Child Bereavement UK: www.childbereavementuk.org helpline: 0800 0288840
01539 628 311 cumbriasupport@childbereavementuk.org

CHOC: Cumbria Health on Call Out of hours healthcare in Cumbria Tel:111 www.chocld.co.uk

Christians against Poverty: free advice & help to those in debt with debt centres in Cumbria
0800 328006 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

Cruse Bereavement Care: Bereavement support Local Help Line: 0300 6003434
www.crusecumbria.org.uk 0844 477 9400 www.crusebereavementcare.org.uk

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

Children's Services Safeguarding 0333 2401727 (including out of hours emergency duty team) www.cumbrialscb.com

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

www.cumbria.gov.uk/childrenservices/strategyandcommissioning/focusfamily/aboutfocusfamily.asp Referral through: 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

Cumbria Partnership Trust: 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

ANIS Anorexia Nervosa Intensive Service 07766443261 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 West 01900 705800 camhs.west1@nhs.net South 01229 402696 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

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
Barrow 01229432599 www.bdda.org.uk Allerdale 0845 1299945 www.allerdaledisability.com

East Cumbria Family Support: 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

Family Lives: online and helpline resource for families including BullyingUK 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

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

GAMCARE: provides support & advice to anyone with a gambling problem National Gambling Helpline 0808 8020133 www.gamcare.org.uk

Harmless: Self harm support also incorporates the Tomorrow Project for people in suicidal crisis www.harmless.org.uk

Healthy Hopes: 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

Inspira Careers and development service including NCI programme 0345 658 8647 www.inspira.org.uk

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

KOOTH 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 01228 267247

Manna House: Housing, homelessness, benefits advice / support and drop-in in Kendal. 01539 725534. www.manna-house.org.uk

Maytree: suicide respite centre in London 0207 263 7070 www.maytree.org.uk

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

MindOut: Lesbian, Gay, Bisexual, Trans & Queer Mental Health Service www.mindout.org.uk

The **Mix** confidential advice and support to under 25s on mental health, sex, drugs, money etc www.themix.org.uk 0808 8084994

Muslim Youth Helpline 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

National Debtline: Free confidential debt advice 0808 808 4000 www.nationaldebtline.co.uk

National Self Harm Network: Online support for individuals who self-harm and their families and carers 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. Cumbria contact Sharon 07958 447477 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

Outreach Cumbria: Help advice and support to the LGBT community in Cumbria 0800 3457440 www.outreachcumbria.co.uk

PAC: Counselling and art therapy for Young People in Carlisle 01228 533874 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

People First: provide advocacy and Healthwatch across Cumbria www.peoplefirstcumbria.org.uk 03003 038037

POLICE: Non emergency 101

Red Cross practical time limited support in a crisis 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

Richmond Fellowship: provide housing /support across Cumbria 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

Safety Net: Supporting young people affected by rape, sexual abuse or domestic violence in North & West Cumbria 01228 515859 www.safetynet.site

Samaritans: 24 hour free confidential support for people feeling distressed or with thoughts of suicide Freephone 116 123 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

Selfharm UK: on line alumni support, parents guide etc www.selfharm.co.uk

Shelter: housing and homelessness advice Shelterline 0808 8004444 Emergency advice 0808
1644660 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

Stonewall: LGBT Information and support 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 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

SOBS Survivors of Bereavement by Suicide National 0300 1115065 www.sobs.org.uk

Unity: Drug and Alcohol Recovery Service across cumbria Carlisle 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

Winston's Wish Providing support and guidance to bereaved children or anyone concerned about a grieving child. 0808 8020021 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 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

Cumbria Advice Network: www.cumbriaadvicenetwork.org.uk

Equality Cumbria: Resource website for BME groups, LGBT groups, disability groups, interfaith groups. www.equalitycumbria.org

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

Hub of Hope: 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

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

Time to Change www.timetochange.org.uk resources, videos, lesson plans on challenging mental health stigma

Doc ready www.docready.org helps you prepare to talk to your GP about Mental Health for first time

Headmeds www.headmeds.org.uk straight talking guide to medication and conditions

Elefriends www.elfriends.org.uk online community providing support on mental health (aged over 17)

Big White Wall www.bigwhitewall.com online community providing support

Boing Boing www.boingboing.org.uk website with resources and research regarding resilience

NHS List of recommended apps

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