

**MENTAL HEALTH RESOURCES –**  *2019*

www.every-life-matters.org.uk

**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 [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

**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

**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

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| 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:** 01228513280www.carlisleyouthzone.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

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

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| 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](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

**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

# 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](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.carlisledisability.org.uk](http://www.carlisledisability.org.uk)

Barrow 01229432599 [www.bdda.org.uk](http://www.bdda.org.uk) Allerdale 0845 1299945 www.allerdaledisablity.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 Headline 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

**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)freeonline 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)

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| **MINDLINE CUMBRIA** | **0300 5610000 text Mind to 81066****www.mindlinecumbria.org** |
| Carlisle Eden Mind | 01228 543 354 enquiries@cemind.org [www.cemind.org](http://www.cemind.org)  |
| Ulverston Mind | 01229 581578 advice@ulverstonmind.org.uk [www.ulverstonmind.org.uk](http://www.ulverstonmind.org.uk)  |
| Mind in Furness | **01229 827094** schoolstreet@mindinfurness.org.uk[www.mindinfurness.org.uk](http://www.mindinfurness.org.uk)  |
| Your Voice Advocacy Service | Independent advocacy service supporting people across Cumbria0300 012 0103 enquiries@yourvoicecumbria.org |
| National Mind  | Mind Information Line: 0300123393 info@mind.org.uk [www.mind.org.uk](http://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](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

**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

**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](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**](http://www.samaritans.org/about_samaritans/frequent_questions/confidential.aspx) 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

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| 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.elefriends.org.uk](http://www.elefriends.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/**



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

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



**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