



Where can I get mental health support?

If your life is at risk right now by feeling like you might attempt suicide, or have seriously harmed yourself, you may need urgent medical help.

- Call 999 for an ambulance
- Go straight to A&E, if you can
- Call urgent mental health helpline: 0800 652 2865 (available 24 hours/ 7 days a week)
- Call NHS 111
- Contact your GP surgery and ask for an emergency appointment (this may be remote)

If you need to help right now

Name	Time available	Tel
Samaritans (free and anonymous)	24/7.	116 123
SHOUT (free and anonymous)	24/7.	Text 'SHOUT' to 85258
CALM (Campaign against living miserably)	5pm-midnight, all days of the year	0800 58 58 58 Online webchat on website
HOPELINE UK (under 35 years old)	24/7.	0800 068 41 41
Lancashire and South Cumbria NHS Trust Crisis Line	24/7.	0800 953 0110

Mental health services

Name	What is it?	Contact
NHS Lancashire and South Cumbria Talking Therapies	NHS psychological therapy service offering a range of talking therapies to adults aged 18 and over for help with a range of mental health problems. You can self refer to this service.	Tel: 0300 555 0345
NHS North Cumbria Talking Therapies	NHS psychological therapy service offering a range of talking therapies to adults aged 18 and over for help with a range of mental health problems. You can self refer to this service.	Tel: 0300 123 9122
Mind In Cumbria	Mental health information, guidance and support to those living in all areas of Cumbria.	Tel: 0208 2152243 9am-5pm Mon-Fri Email: info@mindlinecumbria.org
Happy Mums Foundation	Offer peer support groups to mums either pregnant, giving birth or having a newborn. Specialist groups include single mums, young mums and diffability. Sessions can be face-to-face in Carlisle, Penrith and online	Tel: 01228 592301 Email: Info@happymums.org.uk
Togetherall	Free and anonymous online community to express, listen and give your mental well-being a boost	Email: TheTeam@togetherall.com Online query form online at: https://togetherall.com/en-gb/contact/members/
Growing Well Tebay And Kendal	Specialist mental health support, attend 1 day per week at Tebay kitchen garden site or Kendal site to Improve mental wellbeing, set goals to aid recovery, gain confidence learn new skills, peer support. Self-referral or through GP. Free minibus service pick up	Tebay Contact Tel: 07512 316564 Email: tebay@growingwell.co.uk Kendal Contact: kendal@growingwell.co.uk Tel: 07903 013648
Andy's Man clubs	Free peer support group for men over 18. A safe space for men to meet and talk. Meetings take place on Mondays at 7pm see website to find your local club. Clubs in Carlisle, Cockermouth and Barrow.	Email: info@andysmanclub.co.uk Facebook: https://www.facebook.com/andysmanclub/

Name	What is it?	Contact
The Farming Community Network -	Voluntary organisation & charity that supports farmers and families within the farming community. Provides confidential helpline for those who need someone to talk to or who are struggling with any of the following: depression, anxiety, stress, long term illness, accidents and alcohol or drug dependency. The helpline is run by volunteers who understand farming and rural life.	Helpline: 03000 111 999 Email: help@fcn.org.uk
RABI	National charity providing support to the farming community. Support includes Free 24/7 Helpline online mental wellbeing service and 1-1 counselling.	Helpline: 0800 188 4444 Email: help@rabi.org.uk
AHDB	Agriculture and Horticulture Development Board has a range of guides and resources to support farmers with their mental wellbeing.	Telephone: 024 7669 2051 Email: info@ahdb.org.uk
Barrow Womens Community Matters	Delivering a range of person-centred services to vulnerable women and girls aged 13 and over and boys aged between 13 –17 years. Support includes one to one support, courses, activities and peer support groups to aid self development, improve wellbeing, confidence and resilience in a kind caring atmosphere.	Tel: 01229 311102 Email: reception@womenscommunitymatters.org

Mental health services: Children & young people

Name	What is it?	Contact
<u>CAMHS (Child and Adolescent Mental Health Services)</u> South Cumbria	Families and children suffering from complex or persistent emotional, mental health and relationship difficulties Mon-Fri, 9am-5pm	CAMHS South (South Lakes and Furness) Alfred Barrow Health Centre Duke Street Barrow -in-Furness LA14 2LB Urgent help 24/7: 0300 123 90150 Telephone: 01225 408660 Email: CAMHSSouth@lscft.nhs.uk
<u>Cumbria LINK Social prescribing Service</u>	Personalised holistic support service for children and young people ages 5-19 years to improve emotional health and wellbeing. Referral through GP health professional or School.	Email: linkcumbria@barnardos.org.uk Facebook Instagram
<u>Drop Zone Youth</u>	Drop Zone Youth was established in 2004 to provide safe, supportive opportunities for young people across Furness. Working with those aged 7–21 (up to 24 if vulnerable), their experienced team of youth workers, trustees, and volunteers deliver projects that help young people develop skills, build confidence, socialise, and have fun. Their mission is to raise the aspirations and achievements of young people while helping create stronger communities where they can thrive.	Contact: 01229 812888 Email: drop_zone@btconnect.com