

Other Helplines in Cumbria (May 2020)

COVID-19 Emergency support helpline

For vulnerable people needing urgent help with food, medicines and essential supplies

0800 783 1966

(online support form)

COVID19support@cumbria.gov.uk

8-8, Mon to Fri

10-12, Sat

Mindline (Carlisle & Eden)

Mental health information, guidance and support

0300 561 0000

email/text/webchat on website:

www.mindlinecumbria.org

12-11pm, Mon to Fri

5-11pm, Sat to Sun

Together We Talk (Allerdale & Copeland)

Free CBT, counselling and mental health support

0808 196 1773

form on website (talk.togetherwe.co.uk)

8am-8pm Monday to Friday and 10-12 Saturday

Samaritans

Free 24 hour service, whatever you are going through they can help via phone calls or emails.

Call: 116 123

Email: jo@samaritans.org

The Bridgeway (Penrith)

For victims of rape or sexual abuse.

24hr helpline

0808 118 6432

Age UK (Copeland & Allerdale)

Anyone aged 55+ living in Copeland and Allerdale or people who are worried about them

01900 233153 or 01900 233154

9am - 4pm, Monday to Friday

People First

For people with autism or learning difficulties

030003 038037

admin@wearepeoplefirst.co.uk

9-5 Mon-Fri

Check+Chat Service - not a helpline - but you can refer people in for a phone support service for people with autism or learning difficulties: 07763 546118)

National Addiction Helplines (May 2020)

Addaction/We are With You

For those who

- need some support with drugs or alcohol
- need advice about someone else's drug or alcohol use
- are over 13 (if you're 13 or under you can contact [Childline](#) for help and support)

Online chat at: www.wearewithyou.org.uk

Monday to Friday - 10am to 4pm, 6pm to 9pm

Saturday and Sunday - 11am to 4pm

(and you can message when closed)

(cross-refer to Mind, Calm and Samaritans)

Al-Anon Family Groups

0800 0086 811

For anyone affected by someone else's drinking. Our Helpline is manned by a team of friendly and helpful volunteers who are also members of Al-Anon. They will listen and be happy to answer your questions.

0800 0086 811

10 am - 10 pm, 365 days a year

Please do not leave a message as, to ensure callers' confidentiality, we are unable to return calls.

helpline@al-anonuk.org.uk

Drinkaware

For anyone who is looking for information or advice about their own, or someone else's, drinking

Drinkchat: www.drinkaware.co.uk

Drinkline: 0300 123 1110

9am–8pm, Mon to Fri

11am–4pm, Weekends

AA (Alcoholics Anonymous)

supports the recovery and continued sobriety of individuals

Helpline: 0800 917 7650

Webchat: www.alcoholics-anonymous.org.uk

Email helpline: help@aamail.org

National Association for Children of Alcoholics

Information, advice and support for children of alcohol-dependent parents and anyone concerned with the welfare of a child.

Helpline: 0800 358 3456

Email helpline: helpline@nacoa.org.uk

NA (Narcotics Anonymous)

Running national online meetings for free

Some 'local' online meetings - including a few in Barrow but nowhere else in Cumbria

Helpline 10am to midnight

0300 999 1212

Talk to Frank (www.talktofrank.com)

Everything you need to know about drugs, their effects and the law

0300 123 6600

text: 82111 email (form on website) 24 hours a day, 7 days a week

Gamcare

For anyone affected by problem gambling

www.gamcare.org.uk

Freephone helpline: 0808 8020 133

24hrs a day, 7 days a week