



MENTAL HEALTH RESOURCE BOOKLET

March 2018



MARCH 1, 2018
49 BANK STREET, CARLISLE. CA3

Notes:



<i>Agency</i>	<i>Contact No:</i>	<i>Website:</i>
Carlisle Eden Mind	Tel: 01228 543354	www.cemind.org training@cemind.org
Ulverston Mind	Tel: 01229 581578	www.ulverstonmind.org.uk advice@ulverstonmind.org.uk
Mind in West Cumbria	Tel: 01900 66518	www.mindinwestcumbria.org.uk admin@mindinwestcumbria.ork.uk
South Lakeland Mind	Tel: 01539 740591	www.southlakelandmind.org.uk enquires@southlakelandmind.org
Mind in Furness	Tel: 01229 827094	www.mindinfurness.org.uk schoolstreet@mindinfurness.org.uk
Your voice advocacy Service)	Tel: 0300 0120103	www.yourvoicecumbria.org enquires@yourvoicecumbria.org Independent Advocacy service supporting people across Cumbria
Mind Information Line	Tel: 0300 123393	www.mind.org.uk National Helpline – Confidential advice and help with mental health problems
Mindline Cumbria	0300 5610000	info@mindlinecumbria.org
Alcoholics Anonymous (A.A)	0845 7697555	www.alcoholics-anonymous.org.uk Self-support group for anyone hoping to recover from alcoholism
BACP (British Association for Counselling and Psychotherapy)	01455 883300	www.itisgoodtotalk.org.uk/therapists Directory of therapists who are BACP recognised.
B-Eat	0845 6341414	www.b-eat.co.uk Supporting people affected by eating disorders.
Bipolar UK	0207 9316480	www.bipolaruk.org.uk Supporting local self-help groups around Cumbria.
The Birchall Trust	01229 820828	www.birchalltrust.org.uk Offers support to survivors of rape and sexual abuse in South Cumbria and North Lancashire.

Borderline Counselling	01228 596900	Means tested counselling in Carlisle.
The Bridgeway Sexual Assault Support Service.	0808 1186432	www.thebridgeway.org.uk info@thebridgeway.org.uk The Bridgeway is a dedicated service that helps men, women, children and young people in Cumbria who have been raped or sexually assaulted, either recently or in the past.
CAB Citizens Advice Bureau.	03444 111444	www.adviceguide.org.uk Provides free, impartial and confidential advice to everyone on their rights and responsibilities.
<u>Cumbria Citizens Advice</u>		
Allerdale		01900 604735
Allerdale (Keswick)		017687 73472
Barrow-in-Furness		01229 830367
Copeland (Whitehaven)		01946 693321
Carlisle & Eden		01228 633909 © 01768 891503
South Lakes		015394 46464
CADAS	01228 544140	www.cadas.co.uk Countywide confidential support and help with drug and alcohol issues.
CALM (<i>The campaign against living miserably</i>)	0800 585858 Text line: 07537 404717	www.thecalmzone.net Working to prevent male suicide.
Carers Direct	0808 8020202	www.nhs.uk/carersdirect Confidential information and advice for anyone looking after someone else.
<u>Local Carers Associations</u>		
Carlisle Carers	01228 542156	www.carlislecarers.com admin@carlislecarers.com
Eden Carers	01768 890280	www.edencarers.co.uk admin@edencarers.co.uk
Furness Carers	01229 822822	www.furnesscarers.co.uk admin@furnesscarers.co.uk
South Lakeland Carers	01539 815970	www.slcarers.org.uk admin@slcarers.org.uk
West Cumbria Carers	01900 821976	www.westcumbriacarers.co.uk general@westcumbriacarers.co.uk

Carlisle Youth Zone	01228 513280	www.carlisle-youthzone.org info@carlisle-youthzone.org Carlisle Youth Zone is a safe and fun environment where the potential of young people is developed and fulfilled.
Childline	0800 1111	www.childline.org.uk Childline is a free 24-hour counselling service for children and young people up to their 19th birthday in the United Kingdom provided by the NSPCC.
Child Bereavement UK	0800 02 888 40	www.childbereavementuk.org cumbriasupport@childbereavementuk.org Child Bereavement UK supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement.
CHOC (Cumbria Health On Call)	111	www.choctd.co.uk Cumbria Health on Call (CHoC) provides healthcare services to patients, families and communities throughout the county.
Christians Against Poverty	0800 328006	www.capuk.org info@capuk.org Christian association helping those affected by poverty and debt.
Combat Stress	0800 1381619	www.combatstress.org.uk helpline@combatstress.org.uk Ex-Services support for psychological injuries and mental health problems. SERVING or VETERAN of UK FORCES ONLY
Community Legal Services	0845 3454345	It aims to help people in England and Wales deal with civil legal problems, and is part of the legal aid programme
Cumbria Law Centre	01228 515129	www.cumbrialawcentre.org.uk reception@comlaw.co.uk Cumbria Law Centre is a community organisation offering free legal advice and representation to people who live or work in the county.
Cruse Bereavement Care	0844 4779400 Local: 07071 780761	www.crusebereavementcare.org.uk www.crusecumbria.org.uk Bereavement support throughout Cumbria.
Cumbria County Council		http://search3.openobjects.com/kb5/cumbria/asch/home.page www.cumbria.gov.uk Online directory for local support and services.

Cumbria Gateway	01228 524450	www.cumbriagateway.co.uk admin@cumbriagateway.co.uk Services and support for people recovering from drug and alcohol abuse.
Cumbria Advice Network	http://www.cumbriaadvicenetwork.org.uk Improving access to advice for all in Cumbria especially those in greatest need	
Cumbria Partnership Trust (A-MAZE)	01768 245521	www.cumbriapartnership.nhs.uk/amaze.htm Help for young people with early symptoms of psychosis.
Children's Services Triage Team (LSCB)	0333 2401727	www.cumbrialscb.com/professionals/default.asp If you are a professional with a serious concern about a child or young person that needs immediate protection contact the Cumbria Safeguarding Hub, you will be asked to complete a single contact form.
ASC General	01228 606060 Out of hours: 01228 526690	
<u>CAMHS (Child and Adolescent Mental Health Services)</u> https://www.cumbriapartnership.nhs.uk/our-services/children-families/our-children-and-families-services/child-adolescent-mental-health-services		
CAMHS East (Carlisle & Eden)	01228 603017	Camhs.east1@nhs.net Supporting children and young people with moderate to severe mental health problems.
CAMHS West (Copeland & Allerdale - including Millom)	01900 705800	camhs.west1@nhs.net Supporting children and young people with moderate to severe mental health problems.
CAMHS South (South Lakes & Furness)	01229 402696	camhssouth@nhs.net Supporting children and young people with moderate to severe mental health problems.
First Step	0300 1239122	www.cumbriapartnership.nhs.uk/first-step.htm Help and support for people with mild to moderate mental health problems.
<u>Cumbria Disability Associations</u> <i>Services and support for disabled people living and working in Cumbria</i>		
Carlisle & Eden	01228 672446	www.carlisedisability.org.uk
Barrow & District	01229 432599	www.bdda.org.uk
Allerdale	01900 61912	www.allerdaledisability.com
Drinkaware www.drinkaware.co.uk promoting responsible drinking		
Equality Cumbria	www.equalitycumbria.org Resources website for BME groups, LGBT groups, Disability groups, Interfaith groups.	

Families Matter	07743163946	www.families-matter.com Counselling for children and families in South Lakeland and Furness area.
Farming Community Network	0845 367 9990	www.fcn.org.uk Pastoral and practical support to farming people.
Food Banks in Cumbria		www.cumbria.gov.uk/welfare/foodbank.asp Details of all food banks in the county
Frank	0800 776600	www.talktofrank.com Advice, information and support for anyone concerned about drugs and substance misuse.
GAMCARE	0808 8020133	www.gamcare.org.uk Provides support & advice to anyone suffering through a gambling problem.
Get Connected	0808 8084994	www.getconnected.org.uk Confidential support for under 25's
GP's –PCT List	Information about services in GP practices across Cumbria http://www.nhs.uk/Services/Trusts/GPs/DefaultView.aspx?id=5NE	
Cumbria Health & Wellbeing officers	0782 534 0514	For young people under the age of 18 who show substance misuse needs, with a particular emphasis on alcohol, cannabis and New Psychoactive Substances (NPS). North Cumbria (Carlisle and Eden)
Harmless	0115 934 8445	Self-Harm support www.harmless.org.uk/index.php info@harmless.org.uk
If U Care Share	0191 387 5661	www.ifucareshare.co.uk An organisation that aims to encourage young people to share problems.
Inspira	0800 435 705	www.adviceservices.org.uk Support and guidance service
KOOTH	www.kooth.com Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people (11-25), accessible through mobile, tablet and desktop and free at the point of use.	
Let Go (Domestic Violence Service)	North: 01228 633640 South: 01229 582386 West: 01900 842991/2	www.impacthousing.org.uk/letgo-domestic-violence-service Support, help and advice
Live At-Ease	0808 123 1123	www.liveat-ease.org.uk Supporting ex-service personnel and their families.

Manna House	01539 725534	www.manna-house.org.uk/ Housing, homelessness, benefits advice and support drop in, in Kendal area.
Muslim Youth Helpline	0808 808 2008	www.myh.org.uk help@myh.org.uk Offers support to young Muslims in distress.
Narcotics Anonymous	0300 9991212	www.ukna.org Self-support group for anyone hoping to recover from a drug problem.
National Debtline	0808 808 4000	www.nationaldebtline.co.uk Free, Confidential debt advice.
National Self-Harm Network		www.nshn.co.uk Support and information for individual who self-harm as well as family and carers.
NHS 111	111	Health advice and information service which replaces NHS direct.
Nightstop	Sharon: 07958 447477	Sharon.jackson@depaulcharity.org.uk Provision of emergency accommodation for 16 – 25 year old young people in the homes of approved volunteers.
No Panic	0800 138 8889	www.nopanic.org.uk National association for phobias, anxiety, neurosis information and care.
Outreach Cumbria	0800 345 7440	www.outreachcumbria.moonfruit.com Help advice & support for the LGBT community in Cumbria.
PAC	01228 533874	Young Person's counselling and art therapy in Carlisle.
PAPYRUS	0800 068 4141	www.papyrus-uk.org National UK charity dedicated to the prevention of young suicide.
Police	101	www.cumbria.police.uk Non-emergency police contact and reporting
RETHINK	0300 5000 927	www.rethink.org Practical and emotional support to those experiencing severe mental illness, their carer's and relatives.
Royal College of Psychiatrists		www.rcpsych.ac.uk Provides information about the emotional and psychiatric disorders for young people as well as teachers and parents, including MindEd.
SAFA	01229 832269 01228 319711	www.safa-selfharm.com Offering counselling and support for individuals aged 13+ that may self-harm and to those who support them countywide.
Safety Net Advice & Support Centre	01228 515859	www.safetynet-carlisle.org.uk Supporting young people affected by rape, sexual abuse or domestic violence.

Samaritans	116 113	www.samaritans.org io@samaritans.org 24 hour confidential emotional support for people who are experiencing feelings of distress or despair, including those which could lead to suicide.
SANE	08457 678000	www.sane.org.uk works to raise awareness and respect for people with mental illness and their families and secure better services.
Selfharm UK	www.selfharm.co.uk For general enquiries please email - info@selfharm.co.uk Online alumni support, parents' guide etc.	
SSAFA – Forces Help	0800 917 8993	www.ssafa.org.uk Providing support to anyone that is currently serving or has ever served in the forces and their families.
Shelterline	0808 8004444	www.shelter.org.uk Offers free, confidential housing and homelessness advice and advocacy, welfare benefit and debt advice.
Silverline	0800 4708090	24 hour help and support line for older people.
Supporting People Central Access Point	01228 221548	www.cumbria.gov.uk/supportingpeople/ Short term accommodation options and floating support.
SupportLine	01708 765200	www.supportline.org.uk info@supportline.org.uk Offers confidential support to children, young adults and adults.
Survivors of Bereavement by suicide Cumbria (SOBS)	<i>John: 0757 297 5721 (24 hrs)</i> <i>Karan: 07896 703757 (24 hrs)</i> <i>National: 0300 111 5065</i>	https://www.sobs-cumbria.org.uk/ Email at hello@sobs-cumbria.org.uk A self-help organisation in Cumbria for those bereaved by the suicide of a close relative or friend.
Switchboard	0300 330 0630	https://switchboard.lgbt/ chris@switchboard.lgbt An LGBT group offering confidential support and information.
The Site/ The Mix	0808 808 4994	www.themix.org The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs.

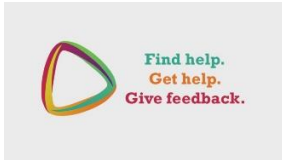
UNITY	Carlisle & Eden Tel: 01228 212060	https://www.gmmh.nhs.uk/unity Unity is the Alcohol and Drug Recovery Service for Cumbria Whitehaven Tel: 01946 350 020 Workington Tel: 01900 270 010 Barrow-in-Furness Tel: 01229 207020 Kendal Tel: 01539 742780
Veteran's Charity	http://www.veteranscharity.org.uk/ The Veterans Charity provides direct support to Veterans who have served in the UK Armed Forces. To qualify for our support, you must be able to provide proof of service.	
Winston's Wish	08088 020 021	www.winstonswish.org.uk Email: info@winstonswish.org Providing support and guidance to bereaved children or anyone concerned about a grieving child.
Young Minds	0808 802 5544 (Parents Helpline)	www.youngminds.org.uk YoungMinds is the UK's leading charity championing the wellbeing and mental health of young people

USEFULL APPS

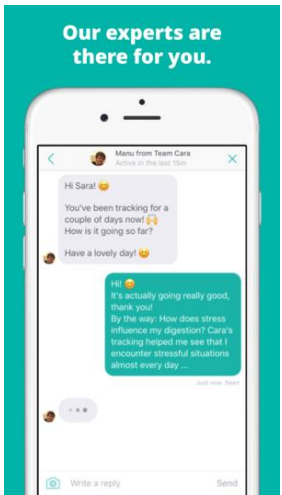




Doc Ready: Doc Ready helps you get ready for the first time you visit a doctor to discuss your mental health.



Find get Give: - <https://www.findgetgive.com> Mental health support and advise



The Mix <http://www.themix.org.uk> (Madly in Love)
The Mix is the UK's leading support service for young people. We are here to help young people take on any challenge their facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via online, social or our free, confidential helpline **Freephone 0808 808 4994**



Headmeds <http://www.headmeds.org.uk> HeadMeds gives young people in the United Kingdom general information about medication and mental health conditions.



In the event of a health crisis the **Crisis Card** mobile phone app provides a one-button-press 'call for help', so you can reach out to your support network without having to face a phone call, you can communicate your needs without having to talk, and share your location without having to know it yourself. The Crisis Card app also supports you in managing your health and wellbeing by providing information and signposting to the relevant resources available. For daily use the app provides an area to easily record and track your state of wellbeing over time."



Calm Harm App Calm Harm provides tasks that help young people resist distract or manage their urge to self-harm and it's completely private and password protected.



StayAlive App: This app is a pocket suicide prevention resource, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.



SAM Self-help for Anxiety Management SAM will help young people to understand what causes their anxiety, monitor their anxious thoughts and behavior over time and manage their anxiety through self-help exercises and private reflection.



MindShift: MindShift will help young people learn how to relax, develop more helpful ways of thinking, and identify active steps that will help them take charge of their anxiety. Specific tools also for e.g. Perfectionism • Social Anxiety • Performance Anxiety.

Other resources

A children and young people's whole system emotional and mental wellbeing support guide for professionals: Cumbria's guide is to assist professionals with how to most appropriately respond to and support a child or young person (CYP) aged 5 – 19 years, who are showing signs of struggling to cope:

<http://www.cumbria.gov.uk/eLibrary/Content/Internet/537/6683/6687/17172/4279584931.pdf>

Alumina: <https://www.selfharm.co.uk/alumina> is Self-Harm UK's online based support group. They offer live online group meetings and an on-demand service to help young people recover from and manage their self-harm.