

Target group	Topic	Service	Area	Organisation	Description	Contacts	Opening Hours
<b>Carers for adults</b>							
<b>Carers for children and young people</b>	Mental health support	Helpline	County-wide	<a href="#">Young Minds</a>	Helpline for parents/carers concerned about a child or young person's mental health	Tel: 0808 802 5544	
	Mental Wellbeing	Information	County-wide	<a href="#">Barnardos</a>	Advice for maintaining family wellbeing during Covid-19		
<b>Children and young people</b>	Mental health support	Suicide prevention	County-wide	<a href="#">Papyrus</a>	Support and advice for children and young people under the age of 35, or those concerned about them. Helpline for suicide prevention.	Tel: 0800 068 4141 SMS: 07860039967 pat@papyrus-uk.org	
	Mental health support	MH support for U25s	County-wide	<a href="#">Young Minds</a>	Advice on finding support for CYP mental health during Covid-19 (under 25s)		
	Bereavement	Bereavement support	County-wide	<a href="#">Cruse UK/Hope again</a>	Specific advice for discussing Covid-19 with children; CYP bereavement support and resources	Tel: 0808 808 1677 hopeagain@cruse.org.uk	
	Bereavement	Bereavement support	County-wide	<a href="#">Child Bereavement UK</a>	Support, information and guidance to families and professionals when a child grieves or a child dies	Tel: 0800 02 888 40 support@childbereavementuk.org	
	Mental health support	Information	County-wide	<a href="#">Recovery College</a>	Free information courses for CYP on Covid-19 and on maintaining wellbeing during the pandemic		
	Mental Wellbeing	Information	County-wide	<a href="#">Barnardos</a>	Advice for young people on maintaining wellbeing during Covid-19		
<b>Community volunteers</b>							
<b>People staying at home</b>	Working from home						
	Physical activity	Exercise	County-wide	<a href="#">Active Cumbria</a>	Exercise ideas for keeping active in and around the home.		
	Domestic abuse	Support service	South Cumbria	<a href="#">Victim Support South Cumbria</a>	Support for victims of crime	<a href="mailto:cumbriaidsva@victimsupport.org.uk">cumbriaidsva@victimsupport.org.uk</a>	
	Domestic abuse	Support service	South Lakeland	<a href="#">Springfield</a>	Community support for victims of domestic abuse	Mob: 07415 432357/07415 431103 Tel: 01539 726171 cs@springfieldsupport.org	
	Domestic abuse	Women's refuge	South Lakeland	<a href="#">Springfield</a>	Refuge for single women aged 18+; supported housing for vulnerable women	Emergency referral tel: 01539 720313 Non-emergency referral: 01228 221548	

						refuge@springfieldsupport.org	
	Mental Wellbeing	Information	County-wide	<a href="#">Mind</a>	Information on maintaining mental wellbeing whilst staying at home		
	Homelessness		South Lakeland				
	Physical activity	Exercise	County-wide	<a href="#">Together We</a>	At-home exercise classes for maintaining physical and mental wellbeing during Covid-19	Tel: 0808 196 1773 info@togetherwe.co.uk	
	Emergency support	Food and supplies	County-wide	<a href="#">Cumbria county council</a>	Emergency helpline for food and supplies for high-risk groups without other support available	Tel: 0800 783 1966 COVID19support@cumbria.gov.uk.	Mon-Fri: 9-5 Sat/Sun: 10-2
<b>Emergency services</b>							
<b>Health and Care workers</b>	Professional resource	Official guidance	County-wide	<a href="#">UK Government</a>	Guidance for care of the deceased with suspected or confirmed coronavirus (COVID-19)		
<b>Key workers</b>							
<b>Learning disabilities</b>							
<b>Long term conditions</b>	Dementia	Information	County-wide	<a href="#">Alzheimer's Society</a>	Information, advice, and support for people with dementia and carers during Covid-19	Helpline Tel: 0333 150 3456	
<b>Mental health conditions</b>	Professional resource	MH Webinars	County-wide	<a href="#">Lancet psychiatry &amp; partners</a>	Up-to-date information on the impact of Covid-19 on mental health and how we address this.	<a href="mailto:covid19seminars@unitedgmh.org">covid19seminars@unitedgmh.org</a>	
	Mental health support	Psychological Therapies	South Cumbria	<a href="#">First Step</a>	Self-help advice and self-referral for psychological therapies	Tel: 0300 555 0345 lcn-tr.firststepsc@nhs.net	
	Mental health support	MH Charity	County-wide	<a href="#">RETHINK</a>	Information on Covid-19 and MH Act changes. Carlisle support group currently suspended	Tel: 0300 85000 907	
	Mental health support	Suicide prevention (men)	County-wide	<a href="#">Campaign Against Living Miserably</a>	Mental wellbeing resources during social distancing/isolation; nighttime helpline	Tel: 0800 58 58 58	
	Mental health support	Psychological Therapies	West Cumbria	<a href="#">Together We</a>	CBT, counselling. Online support and webinars during Covid-19	Tel: 0808 196 1773 info@togetherwe.co.uk	

	Mental health support	Information	County-wide	<a href="#">Recovery College</a>	Free information course on Covid-19 and on managing mental health during the pandemic		
	Mental health support	Support service	South Cumbria	<a href="#">NHS Helpline</a>	helpline offering advice and emotional support for managing mental health during Covid-19	Tel: 0800 915 4640 Text: "hello" to 07862 022846	
<b>General public</b>	Mental health support	MH Listening service	County-wide	<a href="#">Samaritans</a>	Information on managing MH during Covid-19; free support via phone, email, or letter.	Tel: 116 123	
	Mental health support	MH Charity	County-wide	<a href="#">Mind/Elfriends</a>	Moderated online support community. NB will be changing to 'Side by Side' in March/April 2020		
	Mental health support	MH Listening service	South Cumbria	<a href="#">Helpline and texting service</a>	Freephone, out of hours listening service	Tel: 0800 915 4640	
	Bereavement	Bereavement support	County-wide	<a href="#">Cruse Cumbria</a>			
	Bereavement	Bereavement support	County-wide	<a href="#">Cruse UK</a>	Specific Covid-19 bereavement information and national helpline	Tel: 0808 808 1677	
	Information	Information	County-wide	<a href="#">UK Government</a>	Automated govt chatbot for FAQs information on prevention, symptoms, stats, and advice	Add 07860 064422 to contacts and message 'hi' in whatsapp to join	
	Mental Wellbeing	Official guidance	County-wide	<a href="#">UK Government</a>	Guidance for the public on the mental health and wellbeing aspects of coronavirus		
<b>People managers</b>	Professional resource	Employment information	County-wide	<a href="#">Coronavirus Advice Tool</a>	Guidance for employers and advice for employees Informed by government & NHS guidelines		
<b>Single people</b>							
<b>Substance use</b>	Substance use support	Substance use charity	County-wide	<a href="#">Alcoholics Anonymous</a>	Online meetings and telephone support available	Tel: 0800 9177650 help@aamail.org	
<b>Warden controlled residences</b>							
<b>Young carers</b>							
<b>Older people</b>	Maintaining connections	Older people's charity	South Lakeland	<a href="#">Age UK</a>	Offers telephone befriending, book delivery shopping service, prescription pick-up	Tel: 01539 728180	

	Maintaining connections	Telephone befriending	County-wide	<a href="#">Silverline</a>	Helpline and telephone befriending	Tel: 0800 4 70 80 90	
			County-wide				