



# Self-harm

Advice, support and information in Cumbria

## Local NHS Mental Health Crisis Support 24/7 (All ages)

**North Cumbria Universal Crisis Line** 0800 652 2865

**South Cumbria and Lancs Urgent Support** 0800 953 0110

**GP** Your GP, school or other support organisation can make a referral to either **MyTime** (Barnardo's Mental Health Support) or **Child and Adolescent NHS Mental Health Services** (CAMHS). Self-referral is available in some areas.

## Self-harm Support

**SAFA** Self-Harm Awareness for All offer counselling and support for individuals aged 11+ who self harm. 01229 832269. [www.safa-selfharm.com](http://www.safa-selfharm.com)

## Young People Mental Health Support, Advice and Information

**Action for Children** Child and Family support services in South Lakeland.  
[www.actionforchildren.org.uk](http://www.actionforchildren.org.uk)

**Family Action** Child and Family support services in Barrow, Copeland, Allerdale and Carlisle.  
[www.family-action.org.uk/what-we-do/children-families/0-19/](http://www.family-action.org.uk/what-we-do/children-families/0-19/)

**Brathay** Life-changing community programmes to children, young people and families in crisis in South Cumbria. [www.brathay.org.uk](http://www.brathay.org.uk)

**Carlisle Youth Zone** A safe meeting place for young people, particularly those from disadvantaged backgrounds, where they can, for a nominal entrance fee, participate in a wide range of positive activities, in Carlisle (01228 516280) [www.carlisleyouthzone.org](http://www.carlisleyouthzone.org)

**Cumbria Family Support** Support to families across North and West Cumbria (01768 593102). [www.cumbriafamilysupport.org.uk](http://www.cumbriafamilysupport.org.uk)

**Cumbria Youth Alliance** Support and projects for young people within the community.  
[www.cya.org.uk](http://www.cya.org.uk)

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**Cumbria**

**Dropzone** offers youth work in the Furness area (01229 812888). [www.dzyp.co.uk](http://www.dzyp.co.uk)

**PAC Therapy** provide free therapy to young people in Carlisle. Sessions can be either talking therapy or non-verbal therapy, in art, drama, dance/movement and equine therapy. [www.pactherapy.org](http://www.pactherapy.org)

**Wave Forward** offering mental health support to young people in South Lakeland. [www.waveforward.org.uk](http://www.waveforward.org.uk)

## **Adult Mental Health Support, Advice and Information**

**TogetherWe** Talking therapy for children, young people or adults in Cumbria. Referrals can be made via the referral form, via phone (08081961773) or email, [referral@togetherwe.uk](mailto:referral@togetherwe.uk). [www.togetherwe.uk/talk](http://www.togetherwe.uk/talk)

**MindLine Cumbria** Information, guidance and support. 0300 561 0000 or text 'Mind' to 81066. Midday-11pm Mon-Fri, 5-11pm Weekends. [www.mindlinecumbria.org](http://www.mindlinecumbria.org)

**People First** Advocacy and representation and Healthwatch across Cumbria 03003 038037, 9-5pm, Mon-Fri. [www.wearepeoplefirst.co.uk](http://www.wearepeoplefirst.co.uk)

**Carlisle Eden Mind** 01228 543354 (general enquiries) including the Connect Service, the Lighthouse and Your Voice (independent advocacy throughout Cumbria). [www.cemind.org](http://www.cemind.org)

**Mind In Furness** 01229 827094 (general enquiries) including craft groups, gardening, talking therapy and peer support. [www.mindinfurness.org](http://www.mindinfurness.org)

**Growing Well Tebay or Sizergh** Growing Well is a free mental health service for adults in Cumbria. Providing support to rebuild confidence, learn new skills, and meet new life goals through growing activities in their kitchen garden with people attending for 1 day a week for up to a year. Tebay: 07512316564 Sizergh: 07903013648. [www.growingwell.co.uk](http://www.growingwell.co.uk)

**Action for Wellbeing** 1-to-1 support for those struggling with suicidal thoughts and feelings. 07568 704 638. [www.actionforwellbeing.uk](http://www.actionforwellbeing.uk)

**The Lighthouse** Peer-led mental health support in South Lakeland. [www.thelighthousecmhh.org](http://www.thelighthousecmhh.org)

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