

## Local Support Services

| Name                                                             | Phone Number / E-mail                                                                                                                               | Address                                                                                                             |
|------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| <b>Samaritans</b>                                                | Call: 116 123 (free from any phone)<br>Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>                                              |                                                                                                                     |
| <b>Foodbank</b>                                                  | Emergency Telephone No:<br>07512 552 449<br><i>PHX have foodbank vouchers speak to Racheal to find out if you are eligible.</i>                     | The Courts<br>Nisi Prius Building<br>English Street<br>Carlisle<br>CA3 8LZ                                          |
| <b>CADAS<br/>(Cumbria Alcohol and Drug<br/>Advisory Service)</b> | Call: 0300 111 4002<br>Email: <a href="mailto:info@cdas.co.uk">info@cdas.co.uk</a>                                                                  | 5 Victoria Place<br>Carlisle<br>CA1 1EJ                                                                             |
| <b>Gateway for Women</b>                                         | Call: 01228 212090<br>Email: <a href="mailto:admin@cumbriagateway.co.uk">admin@cumbriagateway.co.uk</a>                                             | Lorne Street<br>Denton Holme<br>Carlisle<br>CA2 5DU                                                                 |
| <b>Mind</b>                                                      | Call: 0300 123 3393<br>Text: 86463<br>Email: <a href="mailto:info@mind.org.uk">info@mind.org.uk</a>                                                 |                                                                                                                     |
| <b>Calm<br/>(The Campaign Against<br/>Living Miserably)</b>      | Call: 0800 58 58 58                                                                                                                                 | For men in the UK who are down or have hit a wall for any reason, who need to talk or find information and support. |
| <b>LGBT</b>                                                      | Call: 01228 267247                                                                                                                                  | 21 Victoria Place<br>Carlisle<br>CA1 1ES                                                                            |
| <b>Macmillan Cancer Support</b>                                  | Call: 0808 808 00 00<br>Website: <a href="http://macmillan.org.uk">macmillan.org.uk</a>                                                             | Information and support for people living with cancer in the UK.                                                    |
| <b>Pain Concern</b>                                              | Call: 0300 123 0789<br>Website: <a href="http://painconcern.org.uk">painconcern.org.uk</a>                                                          | Support and information about pain and pain management                                                              |
| <b>Christians Against Poverty</b>                                | Call: 01274 760720<br>Email: <a href="mailto:info@capuk.org">info@capuk.org</a><br>Website: <a href="http://www.capuk.org">http://www.capuk.org</a> | National debt counselling charity offering free help and advice.                                                    |