

Barrow Local Support Services

Name	Phone Number/E-Mail	Address
Samaritans	Call: 116 123 (free from any phone) or 01229 825 656 Email: jo@samaritans.org	16 Hartington Street Barrow-in-Furness LA14 5SL
Foodbank	Call: 01229 343 436 PHX have foodbank vouchers speak to Dawn to find out if you are eligible.	Abbey Road Baptist Church Barrow-in-Furness LA13 9BD
CADAS (Cumbria Alcohol and Drug Advisory Service)	Call: 0300 111 4002 Email: info@cadass.co.uk	52 Paradise Street Barrow-in-Furness LA14 1JG
Women's Community Matters	Call: 01229 311 102 Email: reception@womenscommunitymatters.org	Nan Tait Centre Abbey Road Barrow-in-Furness LA14 1LG
Mind in Furness	Call: 01229 827 094 Email: info@mindfurness.org.uk	William Bingley Centre 64 School Street Barrow-in-Furness LA14 1SB
Project John	Call: 01229 832 127	The Hub 20 -24 Cavendish Street Barrow-in-Furness LA14 1SE
Furness LGBT+	Call: 07633 447 604 Email: Furness.lgbt@outlook.com	The Hub 20 -24 Cavendish Street Barrow-in-Furness LA14 1SE
Macmillan Cancer Support	Call: 0808 808 0000 Website: macmillan.org.uk	Information and support for people living with cancer in the UK.
Citizens Advice	Call: 01229 830 367 Email: barrowcitizensadvice.org.uk	Ramsden Hall 48 Abbey Road Barrow-in-Furness LA14 5QW