

Local Support Services

Name	Phone Number / E-mail	Address
Samaritans	Call: 116 123 (free from any phone) Email: jo@samaritans.org	
Foodbank	Emergency Telephone No: 07512 552 449	Christ Church Central Bridge Centre Central Square Workington CA14 3BG
Unity (Drug and Alcohol Recovery Service)	Call: 01900 270 010	6 Finkle Street Workington CA14 2AY
Women Out West	Call: 01946 550 103 Email: contactus@womenoutwest.co.uk	Unit B4 Haig Enterprise Park Kells Whitehaven CA28 9AN
Mind	Call: 0300 123 3393 Text: 86463 Email: info@mind.org.uk	
Calm (The Campaign Against Living Miserably)	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.
LGBT	Call: 01228 267247	21 Victoria Place Carlisle CA1 1ES
Macmillan Cancer Support	Call: 0808 808 00 00 Website: macmillan.org.uk	Information and support for people living with cancer in the UK.
Pain Concern	Call: 0300 123 0789 Website: painconcern.org.uk	Support and information about pain and pain management.
Christians Against Poverty	Call: 01274 760 720 Email: info@capuk.org Website: http://www.capuk.org	National debt counselling charity offering free help and advice.