

Domestic Abuse Support Services Cumbria during COVID-19

To report: **Cumbria police non-emergency call 101** or online www.cumbria.police.uk, in an emergency always call **999**

No one should suffer domestic abuse.

If you are at risk or experiencing abuse help and support is available.
For more information contact:

LOCAL

Safety Net

for women and men affected by Domestic Abuse.

t: **01228 515859**

e: office@safetynet.org

Gateway 4 Women (Carlisle)

t: **01228 212090**

e: admin@cumbriagateway.co.uk

Women Out West (Whitehaven)

t: **01946 550103**

e: contactus@womenoutwest.co.uk

Women Community Matters (Barrow)

t: **01229 311102**

e: reception@womenscommunitymatters.org

CUMBRIA

Cumbria Victim Support

t: **0300 3030 157 (local)**

Mon-Fri 9-6pm and 24/7 Support
Line **0808 1689 111**

e: Cumbria.Admin@victimsupport.org.uk

Domestic Abuse Partnerships Emergency accommodation

Allerdale t: **01900 702660**

Copeland t: **01946 598300**

Barrow t: **01229 876599**

South Lakes t: **01539 73333**

Carlisle t: **01228 817079**

Eden t: **01768 817817**

NATIONAL

LGBT Domestic Abuse Victims

t: **0800 9995428**

Mankind Initiative

t: **01823 334244** and

Men's Advice Line

0808 8010327

National Child Line

t: **0800 1111**

COVID-19 EMERGENCY SUPPORT HELPLINE

Only for people at high risk of becoming seriously ill as a result of COVID-19, who do not have support available from friends, family or neighbours and are struggling for food, medicines or other essential supplies.

Call: **0800 783 1966**
or email: **COVID19support@cumbria.gov.uk**

Full details can be found online at
cumbria.gov.uk

Provided by Cumbria County Council and partners including District Councils, CVS, Cumbria Community Foundation, community and voluntary sector, and private sector.



SUPPORT EACH OTHER
#TogetherWeCan