



Mental Health and Wellbeing Awareness for Young People in Cumbria

Event Resources Sheet (10 April 2021)

Action for Wellbeing

*One suicide is one too many...
Let us be there for you*

hello@actionforwellbeing.uk

07568 704 638

www.actionforwellbeing.uk

Every Life Matters

Suicide Safer Cumbria



www.every-life-matters.org.uk

Samaritans

Call: 116 123

24/7 365 days a year

CALM

0800 58 58 58

Men's helpline 5pm-Midnight

Shout

TextShout to 85258

24/7 Crisis Text Line

Papyrus

0800 068 4141

Young people's helpline 2-10pm

iCan Health and Fitness CIC (Carlisle)



Exercise and Physical Rehabilitation:

lisa@icanfitnesscumbria.co.uk

01228 819101

WeCan – all inclusive wellbeing hub

jenna@icanfitnesscumbria.co.uk

0800 038 6018

Outreach

Julia@icanfitnesscumbria.co.uk

Wheels of Wellness

wow@icanfitnesscumbria.co.uk

01228 272214

Kooth

*Your online mental wellbeing community
Free, safe and anonymous support*

www.kooth.com

www.kooth.com/urgent-support



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Samaritans (West Cumbria)



For support

Call day or night: 116 123

jo@samaritans.org

Chris, PO Box 90 90, Stirling FK8 2SA

or (when it is safe to do so) visit your nearest branch
(see website)

To volunteer

Tel: 0333 335 0414

volunteer@wcsams.plus.com

Together We CIC

*Empowering people to take control of
their physical and mental health and
wellbeing*



Open

Monday to Friday 8.00am to 8.00pm

Saturday 10.00am to 12.00 noon

0808 196 1773

referral@togetherwe.uk

www.togetherwe.uk

Facebook: Togetherwecic

Togetherwetalk

Togetherwecarry

Twitter: @We_cic

Whitehaven Community Trust

wct@xln.co.uk

www.wct-whitehaven.co.uk

