

**No one should suffer domestic or sexual abuse.
If you are at risk or experiencing abuse help and support is available**

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

Domestic Abuse Partnerships Emergency accommodation, in an emergency, please contact your local Borough Council. There is a Statutory Duty to accommodate victims of Domestic Abuse

Cumberland Wide Telephone Number: 0300 373 3730

Email: Allerdale: Homelessness1@cumberland.gov.uk

Carlisle: Homelessness2@cumberland.gov.uk

Copeland: Homelessness3@cumberland.gov.uk

Westmorland Wide Telephone Number Out of hours number for all areas: 01229 833311

Barrow: dutytorefer1@westmorlandandfurness.gov.uk 01229 876 599 (office hours)

Eden: dutytorefer2@westmorlandandfurness.gov.uk 01768 212179 (office hours)

South Lakes: homelessness@westmorlandandfurness.gov.uk 01539 793 199 (office hours)

01229 833311 (out of hours)

Contacting us by telephone is the best option in a crisis situation.

LOCAL SUPPORT SERVICES

Gateway 4 Women (Carlisle)

t: 01228 212090

e: admin@cumbriagateway.co.uk

Gateway 4 men (Carlisle)

t: 01228 212091

e: info@cumbriagateway.co.uk

Gateway 4 Women (Workington)

t: 01900 403220

e: contactus@cumbriagateway.co.uk

Women Community Matters (Barrow) (men and children support also available)

t: 01229 311102

e: reception@womenscommunitymatters.org

Springfield (South Lakeland)

Women's refuge and Men's safe house- takes referrals Nation Wide. Community based support available for men, women & children

t: 01539 726171 or 0808 175 7070

e: refuge@springfieldsupport.org

Men, women & Children help@springfieldsupport.org

CUMBRIA WIDE SERVICES

Cumbria Victim Support

t: 0300 3030 157 (local) Monday - Friday 9.00am - 6.00pm and 24/7 Support Line 0808 1689 111

e: cumbria.admin@victimsupport.org.uk

Safety Net

t: 01228 515859 <https://www.safetynetuk.org/make-a-referral>

The Birchall Trust

<https://www.birchalltrust.org.uk/wp-content/uploads/2021/11/Referral-Form-Adult-21-22.docx>

Freedom Project Cumbria

t: 01900 67167/ 07712 117986

e: admin@freedom-project-westcumbria.org.uk

The Bridgeway Sexual Assault Support Service

t: 0330 223 009 24 Hours

e: the.bridgeway@nhs.net monitored office hours

Cumbria Domestic Abuse Lived Experience Network- Support network- Cumbria Wide. To get involved contact info@ibelieveyou.co.uk

NATIONAL SERVICES

National LGBT Domestic Abuse Victims

t: 0800 9995428

Mankind Initiative

t: 01823 334244 and Men's Advice Line 0808 8010327

The Domestic Abuse Alliance brings together organisations working on the frontline of domestic abuse across the UK with the legal sector to deliver joined-up instant legal assistance and protection. They run the We Protect app. Via this app, victims of DA can get free, legal advice. Referrals can be made online via a one page form or via