**No one should suffer domestic 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**](http://www.cumbria.police.uk)**; in an emergency always call 999**

**NATIONAL SERVICES**

**National LGBT Domestic Abuse Victims**

t: 0800 9995428

**Mankind Initiative**

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

**24 Hour National Domestic Abuse**

Freephone helpline t: 01942 262 270

National Child Line t: 0800 1111

**LOCAL SUPPORT SERVICES**

**Gateway 4 Women (Carlisle)**

**t:** 01228 212090

**e**: [admin@cumbriagateway.co.uk](mailto:admin@cumbriagateway.co.uk)

**Women Out West (Whitehaven)**

**t:** 01946 550103/ 07516 416040

e: [Wowadmin@ttcwestcumbria.org](mailto:Wowadmin@ttcwestcumbria.org).

**Women Community Matters (Barrow)**

**t:** 01229 311102

**e**: r[eception@womenscommunitymatters.org](mailto:eception@womenscommunitymatters.org)

**Freedom Project (West Cumbria)** for women and men affected by Domestic Abuse

**t**: 01900 671167/ 07712 117986

**e:** [hope@freedom-project-westcumbria.org.uk](mailto:hope@freedom-project-westcumbria.org.uk)

**Springfield (South Lakeland)**

refuge support takes referrals Nation Wide. Community based support also available

**t:** 01539 726171

**e:** [cs@springfieldsupport.org](mailto:cs@springfieldsupport.org) or [refuge@springfieldsupport.org](mailto:refuge@springfieldsupport.org)

**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 telephone **T: 0800 101 7110**

[**https://domestic-abuse.co.uk**](https://domestic-abuse.co.uk)

**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](mailto:cumbria.admin@victimsupport.org.uk)

**Safety Net** for women and men affected by Domestic Abuse - County Wide Service

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

**The Birchall Trust** for women and men affected by Domestic Abuse - County Wide Service

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

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

**Copeland: e:** [**Housing.options@copeland.gov.uk**](mailto:Housing.options@copeland.gov.uk) **t:** 01946 598300 24 hours

**Allerdale:** **e:** [**homelessness@allerdale.gov.uk**](mailto:homelessness@allerdale.gov.uk)[Housing Assistance Self Referral (allerdale.gov.uk)](https://www.allerdale.gov.uk/en/housing/homelessness/housing-assistance-self-referral/)

**t:** 01900 702660 or 0303 123 1702 out of hours

**Carlisle: e:** [dutytorefer@carlisle.gov.uk](mailto:dutytorefer@carlisle.gov.uk) t: 01228 817200 office hours. Out of hours 01228 817386 (single women and families scheme) and 01228 817373 (single men’s scheme)

**Barrow: e:** [**dutytorefer@barrowbc.gov.uk**](mailto:dutytorefer@barrowbc.gov.uk)office hours only **t:** Office Hours 01229 876599 or Out of Hours 01229 833311

**Eden: e:** [**housingoptions@edenha.org.uk**](mailto:housingoptions@edenha.org.uk) **t:** Office hours 01768 861499 or Out of Hours 0800 0614232

**South Lakeland: e:** [**homeless@southlakeland.gov.uk**](mailto:homeless@southlakeland.gov.uk) **t:** Office hours 01539 733 333/ 01539 793 199

Kendal and Eastern Area 0870 428 6905. Lakes, Ulverston and Western Area 0870 428 6906