

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; 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 DA

Copeland: e: Housing.options@copeland.gov.uk t: 01946 598300 24 hours

Allerdale: e: homelessness@allerdale.gov.uk [Housing Assistance Self Referral \(allerdale.gov.uk\)](http://Housing Assistance Self Referral (allerdale.gov.uk))
t: 01900 702660 or 0303 123 1702 out of hours

Carlisle: e: 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 office hours only t: Office Hours 01229 876599 or Out of Hours 01229 833311

Eden: e: housingoptions@edenha.org.uk t: Office hours 01768 861499 or Out of Hours 0800 0614232

South Lakeland: e: 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

LOCAL SUPPORT SERVICES

Gateway 4 Women (Carlisle)

t: 01228 212090
e: admin@cumbriagateway.co.uk

Women Out West (Whitehaven)

t: 01946 550103/ 07516 416040
e: contactus@womenoutwest.co.uk

Women Community Matters (Barrow)

t: 01229 311102
e: 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

Springfield (South Lakeland)

refuge support takes referrals Nation Wide.
Community based support also available
t: 01539 726171
e: cs@springfieldsupport.org or
refuge@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 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>

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

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>