



WOMEN OUT WEST
Empowering Women to Reach their Potential

**IN AN
EMERGENCY
ALWAYS
CALL 999**

Domestic Abuse Support during Coronavirus & Covid-19 Isolation

USEFUL CONTACTS TO SUPPORT YOU:

Freedom Project West Cumbria

Are still providing telephone counselling support.

If you have any concerns or queries please call **07712 117986** (9am - 5pm)

Email: hope@freedom-project-west-cumbria.org.uk

National Domestic Abuse Helpline

Confidential support available 24-hour freephone **0808 2000 247**

Victim Support Cumbria (8am-6pm) call **0300 303 0157** or Support line

0808 1689 111 or online Live Chat 9am-6pm Monday-Friday.

[Click here online](#) or visit victimsupport.org.uk and search support near you for live chat.

Women's Aid Live Chat <https://chat.womensaid.org.uk/>

Monday-Friday 10am-12pm Email: helpline@womensaid.org.uk

You can download Bright Sky app free:

<https://www.hestia.org/brightsky>

CHAYN is a global volunteer network addressing gender-based violence by creating survivor-led resources online <https://chayn.co/>

LGBT+ Freephone helpline victims **0800 999 5428** Email;

help@galop.org.uk

Men's Advice Line Support for men experiencing domestic violence and abuse

0808 801 0327 www.mensadviceline.org.uk Email:

info@mensadviceline.org.uk

Respect Help Are you hurting the one you love? Call **0808 802 4040**

Email: info@respectphoneline.org.uk

Action on Elder Abuse Helpline **080 8808 8141**

LOOKING AFTER YOUR MENTAL HEALTH AT THIS TIME:

MIND ORGANISATION

<https://www.mind.org.uk/>

GUARDIAN SUPPORT

<https://www.theguardian.com/>

MENTAL HEALTH GUIDANCE

<https://www.mentalhealth.org.uk/>

Domestic abuse services, women's centres etc continue to provide support. This is all accessible by phone, email, website and social media.

**We are all still here
to support you!**

Check out specific
helplines and
contact details here
& stay in
touch on FB
& Twitter



WE ARE HERE FOR YOU ON PHONE & EMAIL

T: 01946 550103 (9.30 - 2.30) M: 07539 780431 (9 - 4) ON MONDAY - FRIDAY

AT OTHER TIMES LEAVE MESSAGE OR IN EMERGENCY PLEASE CALL 999

CONTACTUS@WOMENOUTWEST.CO.UK