

After many months of lockdown, and changes to
our way of living, you may find you've been
struggling with



We're creating a space to talk

for you and others to come and chat, receive a Bag of Courage and have talk
with some qualified listeners. Come and share your stories because they
matter and you are not alone in this.

Our next Space to Talk will be on

Date: **Friday 11 September** Time: **11am to 2pm** Location: **Carlisle City Centre**

Please drop by, we'd love to see you!

Kindly supported by:



and the many different partners from across the city

You may also refer to

Your own GP

Check your employer for their possible support schemes

Samaritans

Tel: 116 123

Papyrus

Support line for young people at risk of suicide.

Tel: 0800 0684141

Safety Net

Supports the recovery of those affected by Rape, Sexual Abuse and Domestic Violence

Tel : 01228 515859

Pac Therapy

Provides counselling and therapy for children and young people in Cumbria

Tel: 01228 533874

NHS First Step

Provides interventions for common mental health

Tel: 03001239122

Carlisle Eden Mind

Provides advice and support to empower anyone experiencing mental health problems.

Tel: 01228 543354

Cruse Bereavement Care

Supports people after the death of someone close

Tel: 0300 600 3434

Borderline Counselling Service

Tel: 01228 596 900

Spiral

Offers a free confidential service to children and young people, to build resilience.

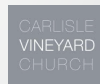
Tel: 0747 4070236

Togetherall

A new service offering free online support to anyone aged 16 and over facing increased anxiety and other mental health challenges.

www.togetherall.com

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