

**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/report-it](http://www.cumbria.police.uk/report-it) in an emergency always call 999**

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

**Copeland:** e: [Homelessness3@cumberland.gov.uk](mailto:Homelessness3@cumberland.gov.uk) t: 0300 373 37 30 24 hours

**Allerdale:** e: [Homelessness1@cumberland.gov.uk](mailto:Homelessness1@cumberland.gov.uk) t: 0300 373 3730 24 hours

**Carlisle:** e: [Homelessness2@cumberland.gov.uk](mailto:Homelessness2@cumberland.gov.uk) t: 0300 373 3730 24 hours

**Barrow:** e: [dutyrefer1@westmorlandandfurness.gov.uk](mailto:dutyrefer1@westmorlandandfurness.gov.uk) t: 01229 876599 office hours, 01229 833311 out of hours

**Eden:** e: [housingoptions@edenha.org.uk](mailto:housingoptions@edenha.org.uk) e: [dutyrefer2@westmorlandandfurness.gov.uk](mailto:dutyrefer2@westmorlandandfurness.gov.uk) t: 01768 861499 24 hours

**South Lakeland:** e: [homelessness@southlakeland.gov.uk](mailto:homelessness@southlakeland.gov.uk) t: 01539 793 199 office hours, 01229 833311 out of hours

**LOCAL SUPPORT SERVICES**

**Gateway 4 Women (Carlisle)**

t: 01228 212090

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

**Gateway 4 men (Carlisle)**

t: 01228 212091

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

**Gateway 4 Women (Workington)**

t: 01900 403220

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

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

t: 01229 311102

e: [reception@womenscommunitymatters.org](mailto: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](mailto:refuge@springfieldsupport.org)

Men, women & Children [help@springfieldsupport.org](mailto: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](mailto:cumbria.admin@victimsupport.org.uk)

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

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

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

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

**Freedom Project Cumbria** for women, men and children affected by Domestic Abuse

t: 01900 67167/ 07712 117986

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

**Cumbria Domestic Abuse Lived Experience Network-** Support network- Cumbria Wide. To get involved contact

[info@ibelieveyou.co.uk](mailto:info@ibelieveyou.co.uk)

**NATIONAL SERVICES**

**National LGBT Domestic Abuse Victims- GALOP**

t: 0800 999 5428

**Mankind Initiative**

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

**24 Hour National Domestic Abuse Helpline**

Freephone helpline t: 0808 2000 247

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, legal advice. Referrals can be made online via a one page form or via telephone **T: 0800 101 7110**

<https://domestic-abuse.co.uk>