

Cumbria RFU- Health and Wellbeing Signposting & Self-help

There is strong evidence that being involved in sports and physical activity such as rugby is of huge benefit, both physically and mentally. More often than not people feel ok about talking to others – GP, friends, family or maybe team mates about physical injury or illness. Mental struggles are less obvious, less talked about and often stigmatised.

It is estimated that 1 in 4 people in the UK experience mental health challenges each year, most commonly anxiety and depression. Such challenges can be due to many factors, including; work, school and family issues, physical ill health, financial problems, addiction, bereavement and many more.

Seeking or asking for help can be difficult and knowing where to start can be confusing and overwhelming.

We are fortunate in Cumbria RFU to have a Health and Wellbeing specialist in Kate Clark. Kate can be contacted on 07384897235 in the first instance or alternatively you can contact any one of the support organisations listed below.

The list below is aimed at providing a starting point for finding helping or some information.

CRISIS (Emergency)

If you, or the person you are with, are in immediate danger or are at risk - call **999** or:

[Community Mental Health Crisis Team](#)

0300 123 9015 or freephone 0800 652 2865.

The service is for adults of all ages and young people, who are needing to speak to someone urgently about their mental health.



www.samaritans.org

116 123

Samaritans – 24/7 helpline for people in crisis.

ABUSE



Sexual Assault Support Service in Cumbria

Local helpline: 0330 223 0099

Helpline open 24/7, every day of the year.



07712 117986

The Freedom Project West Cumbria offer support for those affected by domestic violence in West Cumbria during office hours Monday to Friday.



Advice line for male victims of domestic abuse.

Male perpetrators of domestic abuse can also access help through this site.

National helpline: 08088010327



Safe line for male survivors of rape or sexual abuse

National helpline: 0808800508



For survivors of sexual assault, rape and sexual abuse
National helpline: 08088010818



A network of independent rape crisis centres
National helpline: 0808 802 9999



Recovery support for those affected by sexual and domestic abuse, rape and exploitation
(North and West Cumbria)
01228 515859

ADDICTION



Waythrough

Recovery Steps Cumbria

Tel: 01900 512300

Recovery Steps Cumbria is a free and confidential support service for people who use drugs and alcohol.



Cumbria Addictions Advice and Solutions

CADAS provides support for individuals, family members, and carers, promoting recovery in the community.

BEREAVEMENT



A national bereavement support charity with over 80 local branches.



[Hospice at Home West Cumbria](#)

Providing palliative and end of life care in West Cumbria.

CARERS



Carer Support West Cumbria

COUNSELLING & THERAPY



[Counselling Directory – Cumbria](#)

This site will help you to find a suitably qualified counsellor or therapist suited to your requirements and needs.



[Psychology Today](#)

Locate a qualified counsellor or therapist in Cumbria.

DEMENTIA



EATING DISORDERS

[Community Eating Disorder Service \(CEDS\)](#)

CEDS provide treatment for those struggling with anorexia nervosa, bulimia nervosa or binge eating disorder.

FINANCIAL ADVICE



Offering grants to support families in need.



Copeland



Carlisle
& Eden



South Lakes

Provide advice and tips on debt, benefits and grant applications.

MENTAL HEALTH

For coaches:



Mindset Sport

A comprehensive website contain resources and information about training courses relating to mental health and sport.

YOUNG MiNDS

08080 802 5544

Advice to parents and carers worried about a child or young person under 25.
Open Monday to Friday 9.30-4.00pm.



0300 561 0000

Mental health support in Cumbria, Mon to Friday 12pm - 11pm , Sat and Sun 5pm - 11pm.



Free online mental health support for children and young people

Kooth provides articles and discussion boards on mental health issues, plus access to free online counsellors.



Free online mental health support for adults

Qwell provides free online counsellors, articles on mental health and community discussion boards. Funded by the NHS.

NEURODIVERSITY

For coaches & clubs



[Neurodiverse Sport](#)

An organisation dedicated to promoting neuro-inclusivity in sport.

Owl Blue

[Owl Blue](#)

Advice for people with hidden disabilities in Cumbria

SELF HARM



SAFA provides therapeutic support for people affected by self-harm

SUICIDE

If you or someone you care for is at immediate risk, contact 999 or the Crisis Team (details at the top of the page)



[Every Life Matters](#)

Provides resources and support to those impacted and/or bereaved by suicide in Cumbria.



Papyrus is a UK charity dedicated to the prevention of suicide and the promotion of positive mental well-being in young people.