

## What can help?

**YOU** can help yourself  
Talk to family and friends  
Visit your doctor

Try local groups such as:  
**Mind**  
**People First**  
**MENCAP**  
**Making Space**

**Be active**  
Join in with local activities  
Learn from information and advice  
Look after yourself

**Your doctor can find you...**  
**Someone who can help**  
**Someone to talk to**

There are lots of support  
services across Cumbria to  
help **YOU** feel better

## Further help for your mental wellbeing

### Local support

Mind in West Cumbria - 01900 66518  
Carlisle Eden Mind - 01768 899002  
South Lakeland Mind - 01539 740591  
Mind in Furness - 01229 827094  
Ulverston Mind - 01229 581578  
First Step - 0300 123 9122  
Try the library 'Well-read' books

### Helplines

Cumbria Partnership Direct  
0800 171 2333  
Samaritans – 08457 909090  
Saneline – 08457 767 8000  
Adult Social Care – 01228 526690

### Websites

mind.org.uk  
peoplefirst.me.uk  
mencap.org.uk  
makingspace.co.uk  
cumbria.gov.uk/adultsocialcare  
mentalhealth.org.uk  
cumbriapartnership.nhs.uk - First Step

This leaflet was developed by local groups in Cumbria (2010/11)



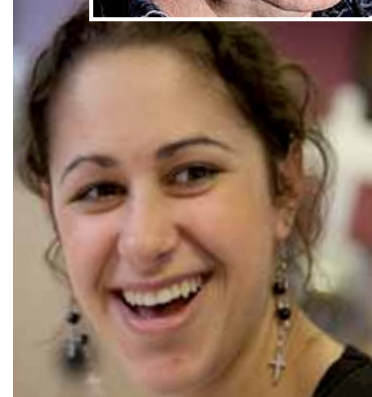
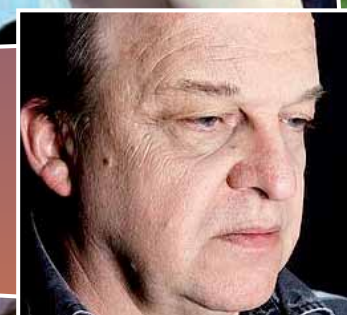
Cumbria Partnership **NHS**  
NHS Foundation Trust



Cumbria Teaching Primary Care Trust



# How are **you?**



Here are some questions for you

Do you cry a lot?



Are you frightened by your thoughts?

Do you feel hopeless?



Do you have trouble looking after yourself?

Do you suffer with nerves?

Do you worry about everything?



Does your mind hurt?

Are you tired all the time?



Do you feel stuck?



Do you feel low or depressed?



Do you feel alone?

Are things getting worse?

Does this sound like you, or maybe someone you know? If you have answered 'yes' to a lot of these questions you may want to find help...

How long have you felt like this?

What can you do?

Talk about your feelings



Ask for help  
See friends and family



Be good to yourself

What can others do for you?

Listen to you  
Give support and information  
Help you

