

Coronavirus has made life hard for many people.

**Citizens Advice Carlisle and Eden** is here to help.

We give **free, up-to-date advice** to everyone in Carlisle and Eden

If you need help with benefits, work, debt and money, housing, or more, **please get in touch or look at useful information available at [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)**

**For Debt/Money advice or Foodbank referrals:** 03300 563037  
**For help claiming Universal Credit:** 0800 1448 444

**For all other enquiries:**  
0800 144 8848  
**Email Advice:**  
Via Contact Us form on website;  
[www.ca-ce.org.uk](http://www.ca-ce.org.uk)

**Webchat Advice**  
[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)



# Further support which might be useful

**Cumbria Law Centre: 01228 515129**

or Email [reception@cumbria-law.org.uk](mailto:reception@cumbria-law.org.uk) including a phone number

Free and impartial advice on Housing, employment and benefit issues



**Mindline Cumbria: 0300 561 0000**

Local Mental Health Support

Mon-Friday 12 noon to 11pm; Sat, Sun and Bank Hols 5pm -11pm



**Carlisle Community Help Affordable Food Hub: 07394 546 877**

A network of city-wide hubs to address the needs of affordable food in Carlisle.

To register for an account and check eligibility please visit:

[www.carlislecommunityhelp.co.uk](http://www.carlislecommunityhelp.co.uk)

Email: [info@carlislecommunityhelp.co.uk](mailto:info@carlislecommunityhelp.co.uk)



**Acas Helpline: 0300 123 1100**

Employment support and guidance



---

**We know not everyone has access to a computer  
or the internet**

**If you need support, call us: 03300 563037**

**citizens  
advice**

**Carlisle  
& Eden**