

Support available for those struggling with family pressures and those affected by Domestic Abuse

Always call 999 if you are in immediate danger

During the current lockdown restrictions, we may all find relationships with those we are living with can become strained. It is important that we seek ways of managing our emotions, and when relationships become strained, try to take 'time out' from one another through, e.g. moving into another room or the garden if we have one, taking our daily exercise outside the home, or distracting ourselves with some task or activity. The following may also help:

Family Action / Family Line – family pressures can be difficult to manage without emotional support and guidance. Support from trained volunteers is available on 0808 802 6666 Mon to Fri 9am to 3pm and 6pm to 9pm. Email: familyline@family-action.org.uk

What's Up? – a free app utilising some of the best CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help us cope with Depression, Anxiety, Anger, Stress etc. Get it on Apple Store or Google Play

For those affected by **domestic abuse** this period of lockdown is even more disturbing. Help is available however:

Eden Housing Association / Eden District Council – 01768 861400/ 01768 817817 – help provided for those experiencing domestic abuse

Victim Support (a Cumbria Police and Crime Commissioner advice service) – 0300 303 0157 Mon to Fri 9am to 6pm, and 0808 168 9111 outside these hours

Silent Solutions – offers a way that people in danger due to domestic abuse can call for help covertly using 999. To access this:

- 1) Dial 999
- 2) Listen to the questions from the 999 operator
- 3) Respond by coughing or tapping the handset if you can
- 4) If prompted, press 55. This lets the operator know it is an emergency and you'll be put through to the police.

Respect - For anyone who is struggling and find they want to, or are, hurting the ones they love, help is available for you to help you change the way you are thinking and change your behaviour. You can phone the Respect phone line 0808 802 4040 Monday to Friday 9am until 5pm. There is also a website available at: respectphonenumber.org.uk.

(Information taken from the Cumbria County Council Eden Area Newsletter on Domestic Abuse - 17 April 2020 – available on Cumbria County Council's website.)