

GENERAL SUPPORT

Childline chidline.org.uk Tel: 08001111

NSPCC nspcc.org.uk

SUBSTANCES

CADAS cadas.co.uk

FRANK talktofrank.com

MENTAL HEALTH & WELLBEING

MIND mindlinecumbria.org

KOOTH kooth.com

BULLYING

SPIRAL spiralcumbria.org.uk

EMOTIONAL SUPPORT

YOUNG MINDS youngminds.org.uk

PARENTING ADVICE

FAMILY LIVES familylives.org.uk

ONLINE ADVICE

NET AWARE net-aware.org.uk



For further police support & advice contact via email:

northccp@cumbria.police.uk

westccp@cumbria.police.uk

southccp@cumbria.police.uk

Child 
CENTRED POLICING

Cumbria Police Child Centred Police Teams putting children first