

ABOUT US

Richmond Fellowship is a national mental health charity making recovery reality for thousands of people every year. We provide a wide range of services including residential support, supported housing, employment services, community support and crisis support.

Richmond Fellowship is part of **Recovery Focus**, a group of charities with the shared aim to inspire individual recovery.



Investors in Diversity

INVESTORS IN PEOPLE®
We invest in people Silver

CONTACT US

To find out more about the support we can provide please contact us on:

T: 03300083911

E: communitysafehavens@richmondfellowship.org.uk

Follow Richmond Fellowship at:

[f/rfmentalhealth](https://www.facebook.com/rfmentalhealth) [t @rfmentalhealth](https://twitter.com/rfmentalhealth)

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**THERE FOR YOU
IN YOUR
TIME OF NEED**



**CUMBRIA
COMMUNITY HAVEN**

**RICHMOND
FELLOWSHIP** 
MAKING RECOVERY REALITY

HOW WE CAN HELP

Our **Community Safe Havens** are a welcoming and non-judgmental place for individuals struggling socially and emotionally with life challenges, or those facing a mental health crisis.

Our team of professionals and volunteers offer interactive one to one and group support. Our service is free to access.

SUPPORT WE OFFER

- › Professional and specific individual advice in accessing appropriate help.
- › Guidance and information on how to manage your mental health and develop coping mechanisms.
- › Peer support from people who have been through similar experiences in talking through your issues and concerns.
- › A choice of drop in, one to one and group support.
- › Venues in your local community across towns and villages in Allerdale and Copeland.

Community Safe Haven's coming to venues near you across Allerdale and Copeland.

WHO WE CAN HELP

Our services are available to adults over the age of 18 who live in Allerdale or Copeland.

Call in at one of our drop in sessions – times and venues are available via our facebook page, or by calling **03300083911**.

Alternatively, mental health practitioners or GP's can call on your behalf to arrange an appointment. Our phone line is staffed 24 hours a day, 7 days a week.

OUR APPROACH

At the heart of everything we do lies:

Hope: the belief that recovery is possible for every individual.

Respect: valuing differences and all contributions.

Enabling: giving people encouragement and support to achieve their goals.

Inclusion: the belief that everyone has a right to participate fully in society.

