

# COVID-19 EMERGENCY SUPPORT HELPLINE

Cumbria County Council can provide urgent help and emergency support, including basic food and essential items, if you are struggling to cope with your current situation for whatever reason.

Call: **0800 783 1966**  
or email: **COVID19support@  
cumbria.gov.uk**

Open Monday to Thursday 9.00am - 5.00pm  
Friday 9.00am - 4.00pm

Full details can be found online at  
**cumbria.gov.uk**

Provided by Cumbria County Council and partners including District Councils, CVS, Cumbria Community Foundation, community and voluntary sector, and private sector.

