



The

Sanctuary & Support in Times of  
Mental Health Crisis

# Lighthouse

The Lighthouse is a calm, safe and comfortable place for people in Carlisle and Eden to visit when they are experiencing a mental health crisis, feeling unsafe or finding it hard to cope.

Call us today



**we're here for you**

**0300 561 0000**

**5:00pm - 11:00pm**

**Every night of the year**

\*Access to The Lighthouse is by appointment only

Standard Network Charges Apply



**Webchat**

[mindlinecumbria.org](http://mindlinecumbria.org)



**Email**

[info@mindlinecumbria.org](mailto:info@mindlinecumbria.org)



**Text**

**'Mind' to 81066**



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learn more about  
this service**