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| Organisation | What they do | Website / email | number |
| Birchall trust | Counselling Survivors of Rape and Sexual Abuse in South Cumbria and North Lancashire. | <https://www.birchalltrust.org.uk/> | **01229 820828** |
| Freedom project west Cumbria | Helping people to recover from the trauma of living with domestic and sexual abuse. | [https://www.freedom-project-west-cumbria.org.uk/#](https://www.freedom-project-west-cumbria.org.uk/) | **07712 117986** |
| The Survivors trust | **The Survivors Trust has 129 member organisations based in the UK & Ireland which provide specialist support for women, men & children who have survived rape, sexual violence or childhood sexual abuse** | <https://www.thesurvivorstrust.org/find-support> | **08088 010 818** |
| Borderline | Borderline General Counselling Service is a registered charity set up in 1996 initially as a Pregnancy Crisis centre. Work developed and grew to include a general counseling service and a training organization for counselling and pastoral care. | <http://www.borderlinecounselling.co.uk/> | **01228 596 900** |
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