

## 1 in 3 could be unemployed due to COVID-19. It's okay to ask for help.

### A

#### ASK, ADVICE, ACT:

Take the first step in seeking help by speaking to friends and family. There are many resources for advice on everything from finances to food. For advice on claiming benefits, employment rights, managing debt or emergency help, speak to South Lakes Citizens Advice, DWP or AgeUK South Lakeland. For advice on Free School Meals or other food resources, such as Foodbanks and Food Pantries, speak to your local school. Action for Children can also offer support.

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#### SEARCH FOR SUPPORT:

Go online for further support and resources. Most charities have informative websites and helpful apps. Visit [www.cumbria.gov.uk/coronavirus](http://www.cumbria.gov.uk/coronavirus) or use the Cumbria Emergency Helpline: 0800 783 1966 where you can find the right organisation for your needs.

### K

#### KINDNESS IS KEY:

Feeling depressed or perhaps at risk of abuse and you need someone to talk to? You can speak to your local community volunteer group or organisations such as The Big White Wall, AgeUK South Lakeland, Churches Together and chat to someone through the GoodSam app. If you have a neighbour, friend, loved one or know someone who you believe may be vulnerable or isolated through age or underlying health conditions, please get in touch with them and see how you can help, #TogetherWeCan.

