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| Topic | Copy: Facebook | Copy: Twitter | Graphic copy |
| Energy savings | With energy bills on the rise, some people in Cumbria may be struggling.  You might feel worried or find yourself in a position you have never experienced before, but please don’t wait for problems to get worse, there are many local organisations that can help.  To find out where you can go for help with the cost of living, visit cumbria.gov.uk/costofliving  #CumbriaCOL | With energy bills on the rise, some people in Cumbria may be struggling.  Don’t wait for problems to get worse, there are many local organisations that can help.  To find out where you can go for help with the cost of living, visit cumbria.gov.uk/costofliving  #CumbriaCOL | Don’t know where to go for support with your energy bills?  Visit Cumbria.gov.uk/costofliving |
| Financial support | With the cost of living on the rise, many people will be feeling the impact on their finances.   Financial problems can also have an impact on your mental health.  Please don’t wait for problems to get worse, there are many local organisations that can help.  To find out where you can go for help with the cost of living, visit cumbria.gov.uk/costofliving  #CumbriaCOL | With the cost of living on the rise, many people will be feeling the impact on their finances.  To find out where you can go for help with the cost of living, visit cumbria.gov.uk/costofliving  #CumbriaCOL | Struggling with the cost of living?  Visit Cumbria.gov.uk/costofliving |
| Food | The cost of living is on the rise and many people are feeling the impact.   If you are struggling to feed yourself or your family, there are organisations that can help.  They are used by hundreds of people every week in Cumbria and from all walks of life.  To find out where you can go for help with the cost of living, visit cumbria.gov.uk/costofliving  #CumbriaCOL | Struggling to feed yourself or your family? There are organisations that can help.   To find out where you can go for help with the cost of living, visit cumbria.gov.uk/costofliving  #CumbriaCOL | Rising food prices don’t mean you should go hungry.  Visit Cumbria.gov.uk/costofliving |
| Domestic abuse | The levels of domestic abuse have risen during the pandemic and with the cost of living on the rise, many people in Cumbria may be suffering in silence.  There are many kinds of domestic abuse; it might involve physical violence, controlling behaviour, financial control, and/or isolating people from friends and family.  There are many organisations that can help, but if people are in danger, please call **999.**  There’s more information, including links to organisations that can help, on the Cumbria Police website: **cumbria.police.uk/Advice-Centre/Personal-Safety/Domestic-Abuse**  #CumbriaCOL | The levels of domestic abuse have risen during the pandemic and many people may be suffering in silence.  If people are in danger, please call **999.**  Find out where to get help on the Cumbria Police website: **cumbria.police.uk/Advice-Centre/Personal-Safety/Domestic-Abuse**  #CumbriaCOL | Domestic abuse is never ok.  Cumbria.gov.uk/costofliving |
| Mental health | There are many things that can affect your mental health, particularly if you are dealing with financial problems. It’s normal and there is help available.  To find out where you can go for help with the cost of living, including mental health support, visit cumbria.gov.uk/costofliving  #CumbriaCOL | Dealing with financial problems can affect your mental health. It’s normal and there’s help available.  To find out where you can go for help with the cost of living, including mental health support, visit cumbria.gov.uk/costofliving  #CumbriaCOL | It’s normal to feel down when you have financial problems, but, there’s help available.  Visit Cumbria.gov.uk/costofliving |
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