

### General financial guidance and support

Citizens Advice	Online, email and webchat: <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a>
Money Saving Expert	Online: <a href="https://www.moneysavingexpert.com/">https://www.moneysavingexpert.com/</a>
Money Helper	Online: <a href="https://www.moneyhelper.org.uk/en">https://www.moneyhelper.org.uk/en</a>

### Debt advice and support

StepChange	Tel: 0800 138 1111 Online: <a href="http://www.stepchange.org/contact-us.aspx">www.stepchange.org/contact-us.aspx</a>
National Debtline	Tel: 0808 808 4000 Online and Webchat: <a href="http://www.nationaldebtline.org">www.nationaldebtline.org</a> .
Debt Advice Foundation	Tel: 0800 043 40 50 Online: <a href="http://www.debtadvicefoundation.org">www.debtadvicefoundation.org</a>
Citizens Advice	Tel: 0800 240 4420 (national debt helpline) Online, email and webchat: <a href="https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/web-chat-service/">https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/web-chat-service/</a>
Pay Plan	Tel: 0800 280 2816 Online: <a href="http://www.payplan.com">www.payplan.com</a>
Christians Against Poverty (CAP)* <small>*You do not have to be a Christian to access support</small>	Online: <a href="https://capuk.org/">https://capuk.org/</a>  <b>Advice only provided in certain areas</b>

### Benefits support

Turn2us	Online: <a href="http://www.turn2us.org.uk">www.turn2us.org.uk</a>
Entitled to	Online: <a href="http://www.entitledto.co.uk">www.entitledto.co.uk</a>
Carers UK	Tel: 0808 808 7777

	<b>Online:</b> <a href="http://www.carersuk.org/about-us/contact-us">www.carersuk.org/about-us/contact-us</a>
Gov.uk	<b>Online:</b> <a href="http://www.gov.uk/browse/benefits">www.gov.uk/browse/benefits</a>

## **Help with Housing**

Shelter	<b>Online:</b> <a href="https://england.shelter.org.uk/get_help">https://england.shelter.org.uk/get_help</a>
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## **Money, health and family**

Samaritans (Listening service)	<b>Tel:</b> 116 123 (24 hr) <b>Online:</b> <a href="https://www.samaritans.org/">https://www.samaritans.org/</a>
Mind (Mental health)	<b>Tel:</b> 0300 123 3393 <b>Online:</b> <a href="http://www.mind.org.uk">www.mind.org.uk</a>
Refuge (Domestic/financial abuse)	<b>Tel:</b> 0808 2000 247 (24 hours) <b>Online:</b> <a href="http://www.refuge.org.uk">www.refuge.org.uk</a>
Age UK (Support for older people)	<b>Tel:</b> 0800 055 6112 <b>Online:</b> <a href="http://www.ageuk.org.uk">www.ageuk.org.uk</a>
Relate (Relationship support)	<b>Online:</b> <a href="http://www.relate.org.uk">www.relate.org.uk</a> (this is a paid service)
GamCare (Gambling support)	<b>Tel:</b> 0808 8020 133 <b>Online:</b> <a href="https://www.gamcare.org.uk/">https://www.gamcare.org.uk/</a>
Home Start (Support for parents)	<b>Online:</b> <a href="https://www.home-start.org.uk/">https://www.home-start.org.uk/</a>

## **Online fraud and internet crime**

ActionFraud	<b>Tel:</b> 0300 123 2040 <b>Online:</b> <a href="http://www.actionfraud.police.uk">www.actionfraud.police.uk</a>
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## **Business support**

Business Debtline	<b>Tel:</b> 0800 197 6026
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	Online: <a href="http://www.businessdebtline.org">www.businessdebtline.org</a>
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### **Local support**

Some of these national organisations listed above may offer local support nearby so please check websites for further information. You may also find support from your local council and NHS services, again please check websites and social media for contact details and further information.