

Sources of Additional Support

We know that sometimes, we are limited in the support that we can offer you. It is really important that you receive the right support. **Here is some information to help you to be able to seek support from organisations that are specifically trained to help.**

Financial Help and Debt Advice		
What's the organisation?	What support is there?	How can I contact them?
Stepchange Debt Charity	Free, confidential, and expert debt advice, and money guidance.	0800 138 1111 www.stepchange.org Webchat also available
Citizens Advice	A network of local charities that offer confidential advice.	0800 144 8848 www.citizensadvice.org.uk Webchat also available
Payplan	Offer help and advice to anyone struggling with multiple debts	0800 280 2816 www.payplan.com
Money Helper	Free, unbiased, and easy-to-access money tools, information, and advice.	0800 138 7777 www.moneyhelper.org.uk
National Debtline	Debt advice and information.	0808 808 4000 www.Nationaldebtline.org
Advice UK	Member centres offer debt advice including specialist advice for minority communities and people with disabilities.	0300 777 0107 https://www.adviceuk.org.uk/
Financial Help and Debt Advice – Regional Specific		
What's the organisation?	What support is there?	How can I contact them?
Advice NI	If you live in Northern Ireland	0800 915 4604 advice@adviceni.net www.adviceni.net/
Money Advice Scotland	If you live in Scotland	info@moneyadvicescotland.org.uk www.moneyadvicescotland.org.uk Webchat and WhatsApp are also available.
Citizens Advice Wales	If you live in Wales	0300 330 1313 Calls cost 12p per minute from a landline, and from 3p to 45p from a mobile or visit www.citizensadvice.org.uk/wales/debt-andmoney
Bereavement		
National Bereavement Service	Offer help with the practical side of bereavement, informing people of the actions they need to take.	08000 246 121 https://thenbs.org/

Health and Wellbeing		
What's the organisation?	What support is there?	How can I contact them?
Age UK	Information and advice for the elderly on anything from health to housing.	0800 678 1602 www.ageuk.org.uk
Alzheimer's Society	Support for anyone affected by Dementia.	0333 150 3456 www.alzheimers.org.uk
Carers UK	Advice, information, and support for anyone looking after someone in a caring capacity.	08088 087 777 advice@carersuk.org www.carersuk.org
Macmillan	Practical, medical, and financial support for anyone affected by cancer – and someone who'll listen if you just want to talk.	08088 080 000 www.macmillan.org.uk
Mencap	UK learning disability charity working with people with learning disabilities and their families/carers.	0207 454 0454 Information@mencap.org.uk www.mencap.org.uk
Moneyhelper Wellbeing	If you're feeling overwhelmed, or that you can't cope with your finances there is help available to support your mental wellbeing at this time.	https://www.moneyhelper.org.uk/en/everyday-money/budgeting/money-problems-and-poor-mental-wellbeing
National Autistic Society	Charity which exists to champion the rights and interests of people with autism to ensure they and their families receive quality services appropriate to their needs.	02078332299 nas@nas.org.uk www.autism.org.uk
Scope	Disability Equality charity in England and Wales. Provide practical information and emotional support.	0808 800 3333 https://www.scope.org.uk/
The Trussell Trust	Working to stop UK hunger and poverty.	01722 580 180 enquiries@trusselltrust.org www.trusselltrust.org
Mental Health		
What's the organisation?	What support is there?	How can I contact them?
Anxiety UK	A range of support services designed to help control anxiety.	03444 775 774 Text: 07537 416905 https://www.anxietyuk.org.uk/ Webchat also available
Hub of Hope	Mental Health Support Database. Provided by national charity Chasing the Stigma and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place.	www.hubofhope.co.uk
Humankind	Create services to meet people's complex health and social needs, helping them to build happier lives	01325 731 160 info@humankindcharity.org.uk www.humankindcharity.org.uk

Mind	Advice and support for anyone suffering from mental health issues.	03001 233 393 info@mind.org.uk www.mind.org.uk
Samaritans	Free and confidential help and wellbeing support to those in distress 24 hours a day, 365 days a year.	Call 116 123 jo@samaritans.org www.samaritans.org
Crime & Domestic Abuse		
What's the organisation?	What support is there?	How can I contact them?
Action Fraud	UK national reporting centre for fraud and cybercrime where you should report fraud if you have been scammed, defrauded or experienced cybercrime in England, Wales and Northern Ireland.	0300 123 2040 https://www.actionfraud.police.uk/
Refuge	Domestic Abuse Charity. Supports men and women and their children, helping them to overcome the physical, emotional, financial, and logistical impacts of abuse.	0808 2000 247 www.refuge.org.uk
Victim Support	Help people affected by crime or traumatic events get the support they need	08081 689 111 www.victimsupport.org.uk
Addiction		
What's the organisation?	What support is there?	How can I contact them?
Alcoholics Anonymous	Regular group meetings and a helpline service, including recovering addicts supporting one another.	08009 177 650 help@aamail.org www.alcoholics-anonymous.org.uk
Al-Anon	There for anyone whose life is or has been affected by someone else's drinking.	0800 0086 811 (Freephone) https://al-anonuk.org.uk/
Drinkaware	Independent alcohol advice, information, and tools to help people make better choices about their drinking.	02077 669 900 contact@drinkaware.co.uk www.drinkaware.co.uk
Gamblers Anonymous	Face to face and online meetings where people with addiction support one another.	03300 940 322 info@gamblersanonymous.org.uk www.gamblersanonymous.org.uk
Gamcare	Help for anyone affected by problem gambling.	08088 020 133 www.gamcare.org.uk
Narcotics Anonymous	Regular group meetings and a helpline service, including recovering addicts supporting one another.	03009 991 212 pi@ukna.org www.ukna.org
Talk to Frank	Confidential and anonymous help by phone, text, email, and live chat.	03001 236 600 Text 82111 frank@talktofrank.com www.talktofrank.com