

# Help and support - Useful contacts

There are several third party helplines available who offer advice, knowledge and support when it comes to your finances and wellbeing.

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Organisation	Description	Contact Number	Website
Money Advice Service	Free impartial advice, over the phone or online which could help you to keep on track of your finances and plan ahead.	0800 138 7777	<a href="http://moneyadviceservice.org.uk">moneyadviceservice.org.uk</a>
National Homelessness Advice Service (NHAS)	Advice and support for those struggling with housing issues.		<a href="http://nhas.org.uk">nhas.org.uk</a>
Shelter	Advice and legal support for those struggling with housing issues or homelessness.	0808 800 4444	<a href="http://shelter.org.uk">shelter.org.uk</a>
Citizens Advice	Free, confidential, help and support for legal, money or other related issues.	0344 411 1444	<a href="http://citizensadvice.org.uk">citizensadvice.org.uk</a>
StepChange	Free independent advice for those experiencing debt challenges.	0800 138 1111	<a href="http://stepchange.org">stepchange.org</a>
National Debtline	Free independent advice for those experiencing debt challenges.	0808 808 4000	<a href="http://nationaldebtline.org">nationaldebtline.org</a>
Business Debtline	Free debt advice to small businesses and the self-employed.	0800 197 6026	<a href="http://businessdebtline.org">businessdebtline.org</a>

PayPlan	Free debt help and advice which includes debt management plans, IVAs, Trust Deeds and bankruptcy.	0800 280 2816	payplan.com
Macmillan Cancer Support	Advice and support for those who become ill with cancer. They offer a range of advice services covering pensions, mortgages, insurance and benefits.	0808 808 0000	macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/money-finance-and-insurance
The Community Legal Service	Free legal advice on benefits, tax credits, debt, education, employment or housing.	0845 345 4345	clsdirect.uk
Job Centre Guide	Government support for those in need of employment. They also offer help on benefit claims and job hunting programmes.		jobcentreguide.co.uk
Mind	Advice and support for anyone experiencing a mental health problem. This can be offered over the phone or online.	0300 123 3393	mind.org.uk
YoungMinds	Support for children and young adults who are struggling with their mental health.	0808 802 5544	youngminds.org.uk
NHS	Online advice for those struggling with their mental health and wellbeing.		nhs.uk/conditions/stress-anxiety-depression/
Samaritans	Providing emotional support to those who are struggling to cope. Advice available over the phone or online.	116 123	samaritans.org
Gov Domestic Abuse	Support and advice for those suffering with domestic abuse.	0808 200 0247	gov.uk/guidance/domestic-abuse-how-to-get-help/

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Telephone: 01538 384 151 or visit your local branch.

Branches and agencies throughout Staffordshire, Cheshire, Shropshire and Derbyshire.

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