

HELP WITH YOUR FINANCES

Below are organizations that provide free and confidential advice on dealing with your debts.

You may wish to seek independent debt advice to help you deal with your circumstances and manage your finances and debts. Below, we have listed some organizations that provide free and confidential advice on dealing with your debts. MoneyHelper For free, unbiased and easy-to-access money tools, information and advice, visit www.moneyhelper.org.uk/en or phone 0800 138 7777

Business Debtline Free, confidential and independent advice for those who are self-employed. Phone: 0800 197 6026 www.businessdebtline.org

National Debtline Free, confidential and independent debt advice for individuals who are not self-employed. Phone: 0808 808 4000 www.nationaldebtline.org

StepChange Debt Charity Charity providing free, confidential and independent debt advice for individuals who are not self-employed. Phone: 0800 138 1111 www.stepchange.org

Citizens Advice Citizens Advice Bureaux provide free, independent and confidential advice to those who are not self-employed on their rights and responsibilities. To find your nearest Citizens Advice Bureau, check your local phone directory or visit the Citizens Advice website, www.citizensadvice.org.uk.

Christians Against Poverty (CAP) For free debt advice in your home, check post code coverage at www.capuk.org then call 0800 328 0006

HELP WITH YOUR CIRCUMSTANCES

Here are some organisations who may be able to help -

Age UK - <https://www.ageuk.org.uk/>

British Deaf Association - <https://bda.org.uk/>

Royal National Institute of the Blind - <https://www.rnib.org.uk/>

[Help with medical and health conditions](#)

Parkinson's UK - www.parkinsons.org.uk

Macmillan Cancer Support [_www.macmillan.org.uk](http://www.macmillan.org.uk)

Marie Curie - www.mariecurie.org.uk

Assistance with Mental Health

Alzheimer's society - <https://www.alzheimers.org.uk/>

Dementia - [Dementia Information. About dementia - Dementia UK](#)

In England and Wales

MIND Website <https://www.mind.org.uk/>

In Scotland

<https://www.samh.org.uk/>

For support following a bereavement

[National Bereavement Service](#) - <https://thenbs.org/emotional-support/the-experience-of-grief>

Advice and support for carers -

Carers UK - <https://www.carersuk.org/help-and-advice>

Gambling

<https://www.gamcare.org.uk/> - provide help and assistance for people with issues connected to gambling

Life events

In addition to being able to help you with bereavement the Citizens Advice Bureau will be able to assist you with many other life events and provide other support.

Citizens Advice Bureau - <https://www.citizensadvice.org.uk/>