

# WHERE TO TURN FOR SUPPORT

## SAMARITANS



**116 123**

Support 24 hours a day  
365 days a year

## SHELTER



**0808 800444**

Homelessness  
& Housing

## MONEY HELPER

Information and advice on  
all things money



**0800 138 7777**

## DEBT ADVICE

Free confidential advice for debt



**0800 138 1111**

## GAMCARE

Help and Advice for Gambling



**0808 8020 133**



## CITIZENS ADVICE BUREAU

Help and advice on a range of subjects

**Contact for  
Foodbank Vouchers**

## SURVIVING ECONOMIC ABUSE



[www.survivingeconomicabuse.org](http://www.survivingeconomicabuse.org)