

# Taking control of your finances - Your resources

## Money management advice

**MoneyHelper** helps many customers daily to develop their money management skills. They also provide a useful tool to help calculate your monthly budget.



0800 138 7777

[www.moneyhelper.org.uk](http://www.moneyhelper.org.uk)

**Step Change Debt Charity** offers a structured programme of advice on how to manage your money.



0800 138 1111 (Freephone)

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

**Payplan** offers advice on managing debt.



0800 280 2816 (Freephone)

[www.payplan.com](http://www.payplan.com)

**National Debtline** provides a telephone advice service.



0808 808 4000 (Freephone)

[www.nationaldebtline.co.uk](http://www.nationaldebtline.co.uk)

**Money Advice Scotland** provides details of advice agencies throughout Scotland that offer a free, independent, impartial and confidential advice service.



0141 572 0237

[www.moneyadvicescotland.org.uk](http://www.moneyadvicescotland.org.uk)

**Business Debtline** offers free, expert advice for self-employed & small businesses across England & Wales.



0800 197 6026 (Freephone)

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

## Help with housing

**Shelter** offers advice, support and legal services if you're at risk of losing your home.



0808 800 4444



[www.shelter.org.uk/](http://www.shelter.org.uk/)

**Housing Loss Prevention Advice Service (HLPAS)** provide access to free legal advice and representation if you're at risk of losing your home.



[find-legal-advice.justice.gov.uk](http://find-legal-advice.justice.gov.uk)

## Wellbeing

**Mind** offers mental health support whenever you might need it through their information, advice and local services.



0300 123 3393



[www.mind.org.uk](http://www.mind.org.uk)

**Samaritans** are available 24 hours a day, 365 days a year if you're struggling and need someone to talk to.



116 123



[www.samaritans.org.uk](http://www.samaritans.org.uk)

**Macmillan** offer support and information if you, or someone you care about has been diagnosed with cancer.



01253 955710



[www.macmillan.org.uk](http://www.macmillan.org.uk)

## Eligibility for state benefits

**Job Centre Plus** can advise which national and local government benefits you're entitled to.



Find your local office on the government website.



[www.gov.uk/contact-jobcentre-plus](http://www.gov.uk/contact-jobcentre-plus)