

## Information sheet – additional support

**You can contact the following not-for-profit organisations directly for free, non-judgemental and impartial debt advice through telephone, online and face to face channels:**

### **MoneyHelper**

For free, unbiased and easy-to-access money tools, information and advice, visit [www.moneyhelper.org.uk](http://www.moneyhelper.org.uk) or phone 0800 138 7777.

### **Money Advice Scotland**

If you live in Scotland, visit [www.moneyadvicescotland.org.uk](http://www.moneyadvicescotland.org.uk) to find contact details for debt advice in your local area.

### **Citizens Advice**

For advice and information on debt and other topics, visit your local Citizens Advice or go to [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

### **Advice NI**

If you live in Northern Ireland, phone 0800 915 4604, email [advice@adviceni.net](mailto:advice@adviceni.net) or visit [www.adviceni.net](http://www.adviceni.net) for debt advice.

### **Citizens Advice Wales**

If you live in Wales, you can call Adviceline on 0300 330 1313 if you want to speak to someone about your debts. Calls cost 12p per minute from a landline, and from 3p to 45p from a mobile or visit [www.citizensadvice.org.uk/wales/debt-and-money](http://www.citizensadvice.org.uk/wales/debt-and-money)

### **AdviceUK**

Member centres offer debt advice including specialist advice for minority communities and people with disabilities - [www.adviceuk.org.uk](http://www.adviceuk.org.uk) or phone 0300 777 0107.

### **Christians Against Poverty (CAP)**

For free debt advice in your home, check post code coverage at [www.capuk.org](http://www.capuk.org) then call 0800 328 0006.

### **National Debtline**

If you live in England, Wales or Scotland phone 0808 808 4000 or visit [www.nationaldebtline.org](http://www.nationaldebtline.org) for debt advice and information.

### **StepChange Debt Charity**

For debt advice throughout the UK phone 0800 138 1111 or visit [www.stepchange.org](http://www.stepchange.org)

### **Business Debtline**

Offers free and confidential debt advice to the self-employed and small businesses - [www.businessdebtline.org](http://www.businessdebtline.org) or 0800 197 6026.

## OTHER USEFUL ORGANISATIONS

### **Civil Legal Advice**

You may get legal aid if your home is at risk. Check at [www.gov.uk/civil-legal-advice](http://www.gov.uk/civil-legal-advice) or phone 0845 345 4345.

### **Financial Ombudsman Service**

If you have a complaint that you can't resolve with your lender, the Financial Ombudsman Service may be able to help - phone 0300 123 9123 or 0800 023 4567 or visit [www.financial-ombudsman.org.uk](http://www.financial-ombudsman.org.uk).

### **Samaritans**

Call 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org) to get help if you're struggling to cope with things. The Samaritans can't offer debt advice. But they can provide free and confidential help and well-being support to those in distress 24 hours a day. 365 days a year.