

EXTERNAL SUPPORT CONTACT DETAILS

APPROVED FOR CLIENT USE | JULY 2023



Money and debt

MoneyHelper Consumer facing service, providing free and impartial money and pensions guidance for people across the UK.	Tel: 0800 138 7777 Web: www.moneyhelper.org.uk
Citizens Advice Independent organisation specialising in confidential information and advice to assist people with legal, debt, consumer, housing and other problems in the UK.	Tel: 0808 223 1133 Web: www.citizensadvice.org.uk

Mental health

MIND Provides confidential advice and support to anyone experiencing mental health challenges.	Tel: 0300 123 3393 Web: www.mind.org.uk
Samaritans A confidential listening service.	Tel: 116 123 Web: www.samaritans.org

Bereavement

Cruse Bereavement Support Provides free care and bereavement counselling to people suffering from grief.	Tel: 0800 808 1677 Web: www.cruse.org.uk
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Gambling

GamCare Leading provider of information, advice and support for anyone affected by gambling harms.	Tel: 0808 8020 133 Web: www.gamcare.org.uk
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Other

Age UK Leading charity dedicated to helping those in later life.	Tel: 0800 678 1602 Web: www.ageuk.org.uk
Alzheimer's Society Helping those affected by dementia.	Tel: 0333 150 3456 Web: www.alzheimers.org.uk
Macmillan Cancer Support Provides specialist health care, information and financial support to people affected by cancer.	Tel: 0808 808 0000 Web: www.macmillan.org.uk

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