



ALTERNATIVE SOURCES OF SUPPORT

Financial

StepChange

Offers advice and guidance on debt management.

www.stepchange.org or call 0800138 1111

National Debtline

Provides free confidential and independent advice on dealing with debt problems. www.nationaldebtline.org or call 0808 808 4000

Direct Gov

The link will help you find a local council website, through which you can access information on all local services.

www.gov.uk/find-your-local-council

Money Advice Service

An independent service, set up by the government, which provides free and impartial advice to help people to manage their money.

moneyadviceservice.org.uk or call 0800 138 7777

The Money Charity

Empowers people across the UK to build the skills, knowledge, attitudes and behaviours, to make the most of their money throughout their lives.

www.themoneycharity.org.uk or call 020 7062 8933

Turn2Us

Helps people access the money available to them through welfare benefits and grants.

www.turn2us.org.uk

Family

Challenging Behaviour Foundation

Supports families caring for children and adults with severe learning disabilities and challenging behaviour.

www.challengingbehaviour.org.uk or call 0300 666 0126

Age UK

Nationwide authority on issues related to ageing. Supports with the needs and aspirations of older people.

www.ageuk.org.uk or call 0800 678 1602

Independent Age

Offers advice, befriending, and campaigning to combat financial, social, and information poverty in older people.

www.independentage.org.uk or call 0800 319 6789

Carers Trust

Improves support, service, and recognition for anyone living with the challenges of caring for a loved one.

www.carers.org or call 0300 772 9600

Carers UK

Gives expert advice, information, and support to carers.

www.carersuk.org or call 0808 808 7777

Housing

Elderly Accommodation Counsel

Helps older people make informed choices about their housing and care needs. www.eac.org.uk

Shelter

Provides free, professional and independent advice to homeless and badly housed people. www.shelter.org.uk

The Housing Ombudsman

A free, independent organisation to resolve housing disputes regarding rented properties.

www.housing-ombudsman.org.uk or call 0300 111 3000

Crisis

The national charity for single homeless people.

www.crisis.org.uk or call 0300 636 1967

Health & Wellbeing

Samaritans

If something is troubling you and you need to speak in confidence.

www.samaritans.org or call helpline 116 123

Mind

Provides advice and support to empower anyone experiencing a mental health problem and campaigns to improve services, raise awareness and promote understanding.

[Mind](#) or call 0300 123 3393

Rethink

The largest national voluntary sector provider of mental health services, spanning high care and long-term care through to practical help and advice.

www.rethink.org or call 0808 801 0525

Alzheimer's Society

Improves quality of life for people affected by dementia. Information and support for dementia sufferers and their families.

www.alzheimers.org.uk or call 0333 150 3456

React

Improves the quality of life for children with life limiting illnesses.

www.reactcharity.org or call 020 8940 2575

SCOPE

Provides information and advice for people with cerebral palsy and their carers.

www.scope.org.uk or call 0808 800 3333

Parkinson's UK

Aims to find a cure and to improve life for everyone affected by Parkinson's.

www.parkinsons.org.uk or call 0808 800 0303

Bereavement

Good Funeral Guide

An independent, not-for-profit organisation offering information about planning for a funeral.

<https://www.goodfuneralguide.co.uk/>

Cruse Bereavement Care

Offers support after the death of someone close.

www.cruse.org.uk or call 0808 808 1677

The Headstone Guide

A guide to choosing and buying a headstone.

headstoneguide.co.uk

The Compassionate Friends

Support for family and friends when a child dies, given by other bereaved parents.

<https://www.tcf.org.uk/> or call 0345 123 2304

Winston's Wish

Provides services to bereaved children, young people and their families in the UK.

www.winstonswish.org or call 08088 020 021

Tell us once

A service that lets you report a death to most government organisations in one go.

www.gov.uk/after-a-death/organisations-you-need-to-contact-and-tell-us-once