

# ALTERNATIVE SOURCES OF SUPPORT

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## Financial

### **StepChange 0800 13 81 111**

Offers advice and guidance on debt management.

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

### **National Debtline 0808 80 84 000**

Provides free confidential and independent advice on dealing with debt problems. [www.nationaldebtline.org](http://www.nationaldebtline.org)

### **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](http://www.gov.uk/find-your-local-council)

### **Money Advice Service 0800 13 87 777**

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

[moneyadviceservice.org.uk](http://moneyadviceservice.org.uk)

### **The Money Charity 0207 06 28 933**

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](http://www.themoneycharity.org.uk)

### **Turn2Us**

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

[www.turn2us.org.uk](http://www.turn2us.org.uk)

## Family

### **Challenging Behaviour Foundation 0163 48 38 739**

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

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

### **Age UK 0800 67 81 602**

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

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

**Independent Age 0800 31 96 789**

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

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

**Carers Trust 0300 77 29 600**

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

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

**Carers UK 0207 37 84 999**

Gives expert advice, information, and support to carers.

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

## **Housing**

**Elderly Accommodation Counsel**

Helps older people make informed choices about their housing and care needs. [www.eac.org.uk](http://www.eac.org.uk)

**Shelter**

Provides free, professional and independent advice to homeless and badly housed people. [www.shelter.org.uk](http://www.shelter.org.uk)

**The Housing Ombudsman 0300 11 13 000**

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

[www.housing-ombudsman.org.uk](http://www.housing-ombudsman.org.uk)

**Crisis 0300 63 61 967**

The national charity for single homeless people.

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

## **Health & Wellbeing**

**Samaritans 116 123**

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

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

**Mind 0300 12 33 393**

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

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

**Rethink 0808 80 10 525**

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](http://www.rethink.org)

**Alzheimer's Society 0333 15 03 456**

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

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

**React 0208 94 02 575**

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

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

**SCOPE 0808 80 03 333**

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

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

**Parkinson's UK 0808 800 0303**

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

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

**Macmillan 0808 80 80 000**

Macmillan Cancer Support is a charity that supports people with cancer by providing direct practical, emotional, and financial aid.

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

## **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 0808 80 81 677**

Offers support after the death of someone close.

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

**The Headstone Guide**

A guide to choosing and buying a headstone.

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

**The Compassionate Friends 0345 12 32 304**

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

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

**Winston's Wish 0808 80 20 021**

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

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

**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](http://www.gov.uk/after-a-death/organisations-you-need-to-contact-and-tell-us-once)