

The rising cost-of-living is squeezing all of our budgets, but help is available if you need it.

If you are experiencing financial hardship, rent arrears or debt problems, get help as soon as possible.
www.durham.gov.uk/helpwithyourmoney

Citizens Advice County Durham

A local charity who provides free, confidential and impartial advice and guidance including money and debt solutions. www.citizensadvicecd.org.uk | Tel: **0808 278 7821** Monday to Friday 9am-4pm.

East Durham Connected

Provides access to information, advice and guidance in East Durham through its Advice Hubs and Gateways. www.eastdurhamtrust.org.uk/east-durham-connected
Tel: **0191 569 3511** Monday to Thursday 9am-5pm, Friday 9am-4.30pm.

Community Money Advice County Durham

Offer free, non-judgemental, and confidential advice on financial issues, debt or managing money. Appointments are available across the county, by telephone, email, post or video call.
www.durhamcp.org.uk/community-money-advice-county-durham
Tel: **0191 303 7514** to request a callback. Monday to Friday 9am-5pm.

Age UK County Durham

Provides free and impartial advice including accessing benefits, financial support and energy to people aged 50 plus. For more information call **0191 386 3856** or visit www.ageuk.org.uk/countydurham



Please see overleaf

Worried about someone's Mental Health?

We all need to look after our mental wellbeing. If you are struggling, support is available.

Asking for help and talking about your feelings can be difficult. Try talking to your friends and family about how you are feeling, being listened to can help you feel supported and less alone.

We all need extra help at one time or another, if you need it now, here's how to get help.

NHS
Tees, Esk and Wear Valleys
NHS Foundation Trust

Mental Health for young people

If you are worried about the mental health of a young person up to the age of 18 who is experiencing a mental health problem, including ADHD call TEWW on **0300 123 9296**.

Find details of more organisations who offer support:

www.durham.gov.uk/mentalhealth
www.durhamlocate.org.uk

Durham Mental Wellbeing Alliance

Our collaborative approach makes it easy to access a range of support services for people who are experiencing mental health issues. To find out more visit

www.durhammentalwellbeingalliance.org

or contact **0300 304 5527** or contactus@durhammentalwellbeingalliance.com
Monday to Friday 9am-5pm.



Please see overleaf