

Advice to support your health, wealth, housing & wellbeing



Do you know where to get free debt advice?

If you're struggling with debt, it can be hard to know where to turn. But with lots of free advice services available across the UK, you can find help in a way that's best for you.

Local debt advice service

Citizens Advice South Warwickshire offers debt advice. All support is currently being provided via telephone or email. Call 0300 330 1183 or email via the website www.casouthwarwickshire.org.uk



National debt advice services

The following organisations offer online and telephone services.

- PayPlan www.payplan.com or call 0800 2802816
- Debt Advice Foundation www.debtadvicefoundation.org or call 0800 6226151
- StepChange Debt Charity www.stepchange.org or call 0800 1381111
- National Debtline www.mymoneysteps.org or call 0808 8084000

Save, Borrow, Plan for Tomorrow – Have you thought about using a Credit Union?



Credit Unions provide an alternative to high street banks, payday & other lenders. They encourage responsible lending and promote financial wellbeing. Citysave is a modern credit union providing services online. To find out how Citysave could help you save, borrow or plan for tomorrow call 0121 616 6200 or visit www.citysave.org.uk



Help with Energy Bills

If you are struggling to pay your electricity bills or you have a prepayment meter you may be eligible for some financial help. You could pay less if you switch supplier. Act on Energy can help with both of these. Call 0800 988 2881 or visit www.actonenergy.org.uk

Support for families

The Family Information Service provides information, advice and one to one support for families on issues including relationships, special educational needs, parenting worries, behaviour management and childcare. Call 01926 742274 or visit <https://www.warwickshire.gov.uk/fis>

Are you worried you might lose your home?

Preventing Homelessness Improving Lives (p.h.i.l.) prevents people losing their home by tackling the early warning signs.



preventing
homelessness
improving
lives

Perhaps you have recently lost your job, got into debt or missed rent payments. Perhaps you have been asked to leave your home by a family member or you are experiencing relationship breakdown.

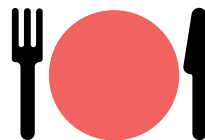
Don't wait for your problem to become a crisis - p.h.i.l. can help!

P.h.i.l. will discuss your support needs **and wants** with you, assign a dedicated prevention coordinator to you and support you to take steps to improve your situation

Call the p.h.i.l. team on 01788 533644 or 01788 533646. You can contact p.h.i.l. via facebook fb.me/preventinghomelessness.

Is your child entitled to Free school meals?

Families whose children are eligible for free school meals will be offered meals or vouchers by their school, even if children are no longer attending school, due to the COVID-19 outbreak.



If schools are unable to provide meals options, they can provide supermarket vouchers to eligible families, through the national free school meals voucher scheme.

The government have recently announced families will be entitled to a voucher worth £15 per week per child throughout the summer holidays.

If your application is successful, your child(ren) will be eligible for free school meals until at least summer 2023.

To apply for free school meals visit the Warwickshire County Council website www.warwickshire.gov.uk/education-learning/apply-free-school-meals

For more information contact Warwickshire County Council on 01926 359189 or email freemeals@warwickshire.gov.uk

Warwickshire Local Welfare Scheme

The Warwickshire Local Welfare Scheme helps people at times of unavoidable crisis when they have no other means of support. This could be for food, energy costs or basic appliances. Call 0800 4081448 or 01926 359182.

Are you feeling overwhelmed?

There are a number of mental wellbeing services available to help you cope during this period.

Wellbeing for Warwickshire – telephone support to anyone who feels they are in need of contact. Call 024 7771 2288 or email wbw@cwmind.org.uk for more information.



Samaritans – If you're having a difficult time, whatever you're going through, a Samaritan will face it with you. Call 116 123.

Mental Health Helpline and webchat – confidential, and freely available 24/7. Call 0800 616 171 or via the Time Online webchat (www.mhm.org.uk/coventry-warwickshire-helpline)

Warwickshire Safe Haven – providing support for people (18+) who are feeling distressed and overwhelmed in the evenings (6-11pm Thursday to Sunday). Call 02477 714 554 or Text 07970 042270 or email safehaven@cwmind.org.uk

Big White Wall – www.bigwhitewall.com/ is a safe, online anonymous community of people who help each other by sharing what's troubling them, guided by trained professionals.

Support for young people

Chat Health – mental health advice for teens. ChatHealth is a confidential text messaging service that enables children and young people (aged 11-19) to speak a member of the school nursing team. You will get a reply within 24 hours between 9:00am and 5:00pm, Monday to Friday (except bank holidays). Text: 07507 331525.

Rise – Rise provides emotional wellbeing and mental health services for children and young people <https://cwrise.com/>

During the COVID-19 outbreak, Rise are providing a 24/7 helpline to offer support and advice to prevent your situation getting worse. Contact the Rise team between 8am-8pm on 02476 641799 or 0300 200 0011 outside of these hours.

The Dimensions Tool is a free online tool which gives tailored recommendations to support a person's well-being and mental health needs. <https://cwrise.com/dimensions-tool>

For more information and further resources visit <https://www.warwickshire.gov.uk/mentalhealth>