

# Debt & Financial Support

Get free confidential and independent advice on debt problems from

## Manchester Citizens Advice Bureau

Debt advice sessions are available, as well as any other more general advice you may need. Call **0808 278 7800**

## Cheetham Hill Advice Centre

Currently providing advice over the phone, provide confidential help, advice and support to local residents in Cheetham and Crumpsall and across Manchester including money and debt. Contact number: **0161 740 8999**

## Salford City Citizens Advice

At different locations around Salford throughout the week Telephone Advice is also available, contact on free phone: **08082787802**, Monday to Friday 9am to 4pm.

## Cash Grants if you are in financial crisis

You can apply for a cash grant of between £30 and £60 if you are in crisis or have an emergency that's out of your control. You must live in the area covered by Manchester City Council and be on welfare benefit support. **Apply on Manchester City Council Website.**

## Hardship Payments

Available to people on Jobseeker's Allowance, Employment and Support Allowance, or Universal Credit, whose benefits have been stopped and who need money for essentials such as food or utilities. They are also available for people who are vulnerable or who look after people who are at risk. You should enquire about hardship payments at your local Jobcentre Plus.

**Alternatively, you can call the Department of Work and Pensions on 0345 608 8545 to find out more**

**MIND can help by providing advice and support. Contact number: 0300 123 3393, available Monday – Friday 9am – 6pm**

**SAMARITANS: to talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. Free contact number: 116 123**

