



1-2-3 Family Wellbeing

National resources to help your family with money, essentials & enjoying life

1 Increase Income:



Free and independent debt advice over the phone and online. **0800 808 4000**
www.nationaldebtline.org



Free debt advice
www.stepchange.org

Benefit calculator

Benefit calculator
entitledto.co.uk



Benefit advice, legal advice & more
www.citizensadvice.org.uk



Help to access welfare benefits, charitable grants and other financial help. Useful benefits calculator
www.turn2us.org.uk

2 Access Essentials:



Freephone, 24-hour National Domestic Abuse Helpline
0808 2000 247
www.nationaldahelpline.org.uk



Advice, support, legal services for people struggling with bad housing / homelessness
www.shelter.org.uk

Healthcare Travel Costs Scheme (HTCS)



Foodbank: search to find those in your area
www.trusselltrust.org



Free fruit, veg, milk and vitamins
Check eligibility at:
www.healthystart.nhs.uk
0345 607 6823

Search: NHS HTCS for help with costs of hospital appointments and visits.

3 Support Wellbeing:



Support on any aspect of parenting / family life
www.familylives.org.uk
0808 800 2222



Resources recommended by parents & professionals to support child mental health & behaviour.
www.happymaps.co.uk



Advice and support from mental health to money, homelessness, work, break-ups & drugs. www.themix.org.uk



Mental health support
www.mind.org.uk
0300 123 3393



Safe and anonymous online support and counselling for young people. www.kooth.com



Helping families through challenging times
www.home-start.org.uk