

Advice to support your health, wealth, housing & wellbeing



Citizens Advice South Warwickshire

Call 0300 330 1183
or email via the website
www.casouthwarwickshire.org.uk



National Debtline

Call 0808 808400 or visit
www.nationaldebtline.org

Have you thought about using a Credit Union?

Credit Unions provide an alternative to high street banks, payday loans & other lenders.

Citysave is a modern credit union providing services online. To find out how Citysave could help you call 0121 616 6200 or visit
www.citysave.org.uk



Help with Energy Bills

If you are struggling to pay your electricity bills Act on Energy can help. Call 0800 988 2881 or visit
www.actonenergy.org.uk



Warwickshire Local Welfare Scheme

The scheme helps people at times of 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 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.

Lost your job? In debt? Missed rent payments? Asked to leave your home? Don't wait for your problem to become a crisis - p.h.i.l. can help!

Call 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?

To apply for free school meals visit
www.warwickshire.gov.uk/education-learning/apply-free-school-meals

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

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



Support for families

The Family Information Service provides a range of information, advice and 1:1 support for families. Call 01926 742274 or visit
<https://www.warwickshire.gov.uk/fis>

Support for young people

Rise – Rise provides emotional wellbeing and mental health services for children and young people <https://cwrise.com/> Contact the Rise team between 8am-8pm on 02476 641799 or 0300 200 0011 outside of these hours.

Chat Health – a text messaging service that enables 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.

The Dimensions Tool – free online personalised information to support a person's wellbeing and mental health. <https://cwrise.com/dimensions-tool>

Take care of your mental wellbeing

Wellbeing for Warwickshire – telephone support to anyone 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 any time, day or night, 365 days a year.

Mental Health Helpline and webchat – Available 24/7. Call 0800 616 171 or via the Time Online webchat www.mhm.org.uk/coventry-warwickshire-helpline

Togetherall – an online community sharing what is troubling them, guided by trained professionals. www.togetherall.com

For more information and further resources

Visit <https://www.warwickshire.gov.uk/mentalhealth>