

Such as conditions or illnesses that may impact day to day tasks.

Retirement

Caring Responsibilities

Bereavement

Income Shock

**Care Leavers and
Former Inmates**

Contact Information

Civil Legal Advice

Legal aid can help you pay for legal advice, family mediation and representation

Email: <https://www.mencap.org.uk/>

Tel: 020 7454 0454

Citizens Advice

Independent organisation providing advice on debt, benefits, employment and housing.

Website: <https://www.citizensadvice.org.uk/>

Tel: (England) – 0800 144 8848

Tel: (Wales) – 0800 702 2020

Samaritans

Charity aiding people in emotional distress

Website: <https://stepchange.org>

Tel: 0800 138 1111

Cruse

UK bereavement charity and support network

Website: <https://themoneycharity.org.uk/>

Tel: 0207 062 8933

Princes Trust

Charity supporting vulnerable young people

Website: <https://www.princes-trust.org.uk/>

Tel: 0800 842 842