



1-2-3 Family Wellbeing

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

1. Increase Income:



Benefits, debt and legal advice & more
www.citizensadvice.org.uk



Benefit calculator and advice
entitledto.co.uk



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



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



Debt advice and tools making money choices clearer
0800 011 3797
MoneyHelper.org.uk

2. Access Essentials:



For women and children.
Against domestic violence.

Freephone, 24-hour
National Domestic Abuse
Helpline. **0808 2000 247**,
refuge.org.uk



Search the Trussell Trust website to find your local food bank.
www.trusselltrust.org



Advice, support, legal services for people struggling with bad housing / homelessness
0808 800 4444,
www.shelter.org.uk



A sure start maternity grant is £500. Check eligibility and apply at up to 6 months of age
www.gov.uk/sure-start-maternity-grant



If you're pregnant or have a child under 4, the Healthy Start scheme can help you buy healthy foods like milk or fruit:
www.healthystart.nhs.uk

Healthcare Travel Costs Scheme (HTCS)

If you're referred to hospital (outpatients) you may be able to claim a refund of travel costs. **Search: NHS Healthcare Travel Costs Scheme**

3. Support Wellbeing:



Mental health support for young people and adults.
0300 123 3393,
www.mind.org.uk



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



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



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



Age appropriate advice to help manage challenging behaviour, sleep problems, bullying, children's mental health and much more. Up-to-date and all in one place. www.happymaps.co.uk