

You'll find a plethora of resources including budgeting tools, blogs, videos, guides, helplines and webchats by clicking on the links below:

<https://www.gov.uk/benefits-calculators>

<https://www.gov.uk/universal-credit>

<https://www.gov.uk/employment-support-allowance>

<https://www.gov.uk/30-hours-free-childcare>

<https://www.nationaldebtline.org/> includes online tools, webchat, email and telephone advice

[https://www.moneyhelper.org.uk/en/money-troubles/dealing-with-debt/use-our-debt-advice-](https://www.moneyhelper.org.uk/en/money-troubles/dealing-with-debt/use-our-debt-advice-locator?source=mas#)

[locator?source=mas#](https://www.moneyhelper.org.uk/en/money-troubles/dealing-with-debt/use-our-debt-advice-locator?source=mas#) (formerly the Money Advice Service) they provide online tools and webchat, plus links to free services accredited by the Money and Pensions Service

<https://www.financialwellnessgroup.co.uk/MAS/>

<https://www.payplan.com/free-online-debt-help/>

https://www.stepchange.org/start.aspx?utm_source=MAS&utm_medium=referral&utm_campaign=Debt_locator&utm_content=Link&domain=http://www.moneyadvice.service.org.uk&WT.mc_id=800999

<https://www.youthlegal.org.uk/>

<https://adviser.moneyhelper.org.uk/en>

<https://www.debtadvicefoundation.org/>

<https://www.moneyandmentalhealth.org/>

<https://capuk.org/i-want-help/courses/cap-money-course/introduction>

<https://www.mentalhealthandmoneyadvice.org/>

A list of 9 charities and grants is available [here](#)

Citizens Advice also have a whole section of their website dedicated to money and debt [here](#)

Big Energy Saving Campaign - Citizens Advice and the Energy Saving Trust are sharing information and advice to help people manage their energy bills [here](#)

Grants and benefits to help pay energy bills can be found [here](#)

Find out how to get help with bills [here](#)

In addition, our new Employee Assistance Programme, Health Assured, has legal advisors who may be able to assist staff with issues such as tenancy and housing concerns. This is offered alongside the counselling service and you can find out more [here](#)