



Resources & Signposting

We know that applying for a grant is just one part of the story. Whether you're facing a crisis, looking for mental health support, or trying to understand your rights, we've gathered some helpful links and contacts. You're not alone.

Crisis Support

If you're in danger or need urgent help, please use the services below:

- Samaritans – 24/7 support if you're struggling to cope

 Call 116 123 (free)

 www.samaritans.org

- Shout – 24/7 mental health support by text

 Text SHOUT to 85258

 www.giveusashout.org

- National Domestic Abuse Helpline

 Call 0808 2000 247 (free, 24 hours)

 www.nationaldahelpline.org.uk

- NHS 111 – For medical advice when it's not an emergency

 Call 111 or visit 111.nhs.uk

Mental Health & Wellbeing

- Mind – Mental health info, local services, helpline

 www.mind.org.uk

- Rethink Mental Illness – Advice and peer support

 www.rethink.org

- The Mix – Mental health support for under-25s

 www.themix.org.uk

- CALM (Campaign Against Living Miserably) – Support for men

 0800 58 58 58

 www.thecalmzone.net

- Able Futures – Guidance and support for people who are working and living with mental health difficulties, as well as counselling session

 0800 321 3137

 www.able-futures.co.uk

- Better Health – provides a range of tools and support to help individuals make better health and lifestyle choices

 www.nhs/better-health/lose-weight

-Eating Disorders - UK's leading charity dedicated to supporting those affected by eating disorders

 0808 801 0677

 www.beatingdisorders.org.uk and help@beatingdisorders.org.uk

-Male / Male Suicide. Campaign against Living Miserably (CALM). UK based charity dedicated to prevent suicide, particularly amongst men under 45

 0800 585 858

 www.thecalmzone.net

Bereavement & Grief

- Cruse Bereavement Support – Free grief support and helpline

 0808 808 1677

 www.cruse.org.uk

- At A Loss – Directory of bereavement services

 www.ataloss.org

- The Good Grief Trust – Support after the death of someone close

 www.thegoodgrieftrust.org

- Macmillan – UK based charity dedicated to providing support to people living with cancer

 0808 8080000

 www.macmillan.org.uk

Addiction & Recovery

- Alcoholics Anonymous (AA) – Support for alcohol dependency

 0800 917 7650

 www.alcoholics-anonymous.org.uk

- Narcotics Anonymous (UKNA) – Support for drug dependency

 0300 999 1212

 www.ukna.org

- GamCare – Support for gambling harms

 0808 802 0133

 www.gamcare.org.uk

Disability & Neurodivergence

- Scope – Disability advice and support

 0808 800 3333

 www.scope.org.uk

- S4Nd (Society for Neurodiversity) – Promoting equality and inclusion

 www.s4nd.org

Money, Benefits & Debt

- Turn2Us – Check what benefits or grants you could get

 www.turn2us.org.uk

- Citizens Advice – Help with debt, benefits, housing & more

 www.citizensadvice.org.uk

- StepChange – Free debt advice and budgeting support

 www.stepchange.org

- EntitledTo – Simple benefit calculator

 www.entitledto.co.uk

- National Energy Action – Help with fuel poverty and energy bills

 www.nea.org.uk

Local Support Services

- Council Household Support Fund in England – White goods, utilities and food. Check your local council website
- The Finance Support Service in Northern Ireland
- Discretionary Assistance Fund in Wales
- Scottish Welfare Fund in Scotland

 www.endfurniturepoverty.org

Housing, Legal & Practical Help

- Shelter – Housing rights, homelessness advice

 0808 800 4444

 www.shelter.org.uk

- LawWorks – Free legal help for individuals and charities

 www.lawworks.org.uk

- Rights of Women – Legal support for women

 www.rightsofwomen.org.uk

- Support Through Court – For people going to court alone

 www.supportthroughcourt.org

- ACAS – Advice on employment rights, disputes and workplace issues

 www.acas.org.uk

- Pregnant Then Screwed – Support and legal help for mothers facing discrimination

 www.pregnantthenscrewed.com

- Refuge – Support for women and children experiencing domestic abuse

 0808 200 0247

 www.nationaldahelpline.org.uk

Food Banks

- Coventry Food Bank (if local to you)

 www.coventry.foodbank.org.uk

- The Trussell Trust – Find your nearest food bank

 www.trusselltrust.org

LGBTQIA+ Support

-Switchboard – Confidential support for LGBTQIA+ people

 0800 011 9100

 www.switchboard.lgbt

Benefits Toolkit

We've created a free downloadable guide to help people navigate PIP, ESA and UC claims, based on lived experience.