



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)

 [samaritans.org](https://www.samaritans.org)

- Shout – 24/7 mental health support by text

 Text SHOUT to 85258

 [giveusashout.org](https://www.giveusashout.org)

- National Domestic Abuse Helpline

 Call 0808 2000 247 (free, 24 hours)

 [nationaldahelpline.org.uk](https://www.nationaldahelpline.org.uk)

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

 Call 111 or visit [111.nhs.uk](https://www.nhs.uk)

Mental Health & Wellbeing

- Mind – Mental health info, local services, helpline

 [mind.org.uk](https://www.mind.org.uk)

- Rethink Mental Illness – Advice and peer support

 [rethink.org](https://www.rethink.org)

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

 [themix.org.uk](https://www.themix.org.uk)

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

 0800 58 58 58

 thecalmzone.net

Money, Benefits & Debt

- Turn2Us – Check what benefits or grants you could get

 turn2us.org.uk

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

 citizensadvice.org.uk

- StepChange – Free debt advice and budgeting support

 stepchange.org

- EntitledTo – Simple benefit calculator

 entitledto.co.uk

Housing, Legal & Practical Help

- Shelter – Housing rights, homelessness advice

 0808 800 4444

 shelter.org.uk

- LawWorks – Free legal help for individuals and charities

 lawworks.org.uk

- Rights of Women – Legal support for women

 rightsofwomen.org.uk

- Support Through Court – For people going to court alone

 supportthroughcourt.org

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

 acas.org.uk

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

 pregnantthenscrewed.com

Food Banks

- Coventry Food Bank (if local to you)

 coventry.foodbank.org.uk

- The Trussell Trust – Find your nearest food bank

 trusselltrust.org

Benefits Toolkit (Coming Soon)

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

This will include:

- Sample answers
- Supporting evidence suggestions
- Signposting to support organisations

 If you'd like early access or to share your own tips, contact us at dee@markhewitsonfoundation.org