

There are some useful helplines and resources for people in Sheffield if you are struggling at the moment. Life has got a lot more difficult for many of us but please don't sit on your worries – seek help. All these helplines are open and ready to listen.

**Citizens Advice Lines:**

0808 278 7820      Calls are free to this number. They can provide information about benefits, employment rights and debt.

0800 144 8444      Calls are free to this number. **Help to Claim** service (for Universal Credit related support)

Website            [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

**Domestic Abuse:**

0808 808 2241      You can talk to them if you're experiencing domestic abuse and work through which services might work best for you with an experienced helpline worker.

Website            [www.sheffielddact.org.uk/domestic-abuse/get-help/](http://www.sheffielddact.org.uk/domestic-abuse/get-help/)

**Samaritans:**

116 123            24 hour helpline

[jo@samaritans.org](mailto:jo@samaritans.org)      Email them – response time 24 hours

Website            [www.samaritans.org/how-we-can-help/contact-samaritan](http://www.samaritans.org/how-we-can-help/contact-samaritan)