

# #Help4All



## Get free support and advice on:



**Money** - including cost of living, debt, energy costs, jobs, benefits and transport.



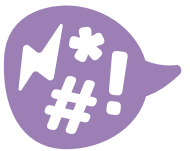
**Food** - find your local food bank, Happy Healthy Holidays, and more.



**Home** - housing support and advice, including help with your rent or mortgage.



**Health and Wellbeing** - find local support and toolkits for adults, young people and children.



**Domestic abuse** - help if you or your family are affected by domestic abuse or violence.



**Problems with drugs or alcohol** - for young people and adults affected by substance abuse.



**Parenting** - tools and guides for parents, carers and grandparents.



Scan the QR code or visit:

[www.connectsomerset.org.uk/help4all](http://www.connectsomerset.org.uk/help4all)