

# #Help4All



Everyone is impacted by the cost-of-living rising which can put extra pressure on families. Somerset partners are here to help. We've listed some of the most popular services and support that may be useful for you to know about.



For links, simply visit: [www.connectsomerset.org.uk/help4all](http://www.connectsomerset.org.uk/help4all)



**Money** - Contact **Citizens Advice** via email or use the Adviceline on **0808 278 7842** for advice on debt, energy costs, benefits. **Age UK Somerset** also provides help with benefits and scams advice for older people. If you need immediate money for food or heating, you can access the **Household Support Fund**. You can find a nearby **warm welcome** space, or **Happy Healthy Holidays** for eligible children at weekends. You can also seek help with **Housing Benefit**, **Council Tax Reduction**, **claiming a discretionary award** and **Public and Community Transport**. As well as support with **life long learning** and **finding and keeping a job**.



**Food** - Find your local **foodbank or pantry** here. Eligible children and young people can take part in **Happy Healthy Holidays** using a code from their school. If you are pregnant or have a child under 4, you may be entitled to **healthy food and milk**.



**Home** - If you are worried about losing your home then please contact us as early as you can, as we offer **homelessness advice, assistance and referrals**. In an emergency you can call **0300 123 2224** or **0300 123 2327** out of hours. Information and advice to **help you live at home, managing your own care and wellbeing or if you are caring for someone**.



**Health and Wellbeing - Open Mental Health** supports adults mental health and Mindline (open to all ages) can be reached on **0800 138 1692** or **online chat** (8pm to 11pm). Mental health support for children and young people can be accessed via **Young Somerset**, the **health and wellbeing toolkit**, and the **Telmi** app. For those aged 11-19 there are free online forums, guides and counselling at **Kooth**. **SASP** also has activities for body and mind. You can also make a **CAMHS** referral via **CAMHS Single Point of Access**. If you are over 65 and are feeling lonely and/or isolated **Age UK Somerset** are here to help. For health-related support at home, or in the community you may wish to contact your local **Village Agent** for help. **Somerset Sight** and **deafPLUS** also support with sight and hearing loss needs. NHS Somerset offers **Talking Therapies** for over 16s with anxiety, depression and coping with traumatic events or long-term health conditions. Chat health and phoneline: Text our ChatHealth support line on: **07480 635 514**. Visit [www.healthysomerset.co.uk](http://www.healthysomerset.co.uk) for information and support to promote health and wellbeing.



**Domestic abuse** - If you or your family are affected by domestic abuse, you can get help from **Somerset Domestic Abuse Service** or call **0800 69 49 999** and choose option 2.



**Problems with drugs or alcohol** - There is advice and support for young people, adults, and their family members if substance misuse is a problem. Contact **Somerset Drug & Alcohol Service** or phone **0300 303 8788** any time.



**Parenting** - Parents, carers and grandparents can **#LearnForLove** (access code: dragon) to support children from bump to teenager. **Young Somerset** also offer Parent Workshops and Wider Parent Led work with Mental Health and Early Years.