

#Help4All



Everyone is impacted by the cost-of-living rising which can put extra pressure on families. Somerset voluntary, community and public services 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



Money - Contact **Citizens Advice** via email or use the daytime/evening Adviceline on **0808 278 7842** for advice on debt, energy costs, benefits. If you need immediate money for food or heating, you can access the **Somerset Household Support Fund**, professionals can help you with this, if required. You can find a nearby **warm welcome** space, or **food and activities** 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** (some need a referral from a professional). Children and young people may be eligible for **Happy Healthy Holidays** (you will have a code from your 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.



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.



Mental health - **Open Mental Health** across Somerset supports adults and can also be accessed through Mindline (open to all ages) on **0800 138 1692 / 01823 276 892** or **online chat** (8pm to 11pm). Support for children and young people is available through **Young Somerset**, the **health and wellbeing toolkit**, and the **Telmi** app. For young people aged 11-19 there are free online forums, guides and counselling at **Kooth**. As well as lots of activities for body and mind at **SASP**. You can also make a **CAMHS** referral via **CAMHS Single Point of Access**.



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.



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.