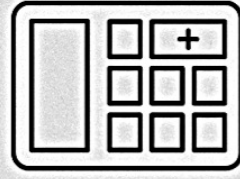


I need help with.....

# BENEFITS



Have you used a benefits calculator to see what you're eligible to claim?

Have you tried accessing support online or on the phone like the Welfare Benefits Helpline?  
**www**



Are you already linked into a service that may be able to help?

## WHAT LOCAL SUPPORT IS AVAILABLE?

**Welfare Benefits Helpline** 0333 344 0681 Free, confidential advice  
**Amaze** 01273 772289 For families of children and young people with special educational needs and disabilities (SEND)  
**Possability People** 01273 894050 Advice for disabled people  
**Macmillan East Sussex Welfare Benefits Advice Service** 01323 635989 [www.macmillan.org.uk](http://www.macmillan.org.uk) For people affected by cancer

## WHAT NATIONAL SUPPORT IS AVAILABLE?

**Money Helper** [www.moneyhelper.org.uk](http://www.moneyhelper.org.uk)  
**Citizens Advice** 0800 144 8848  
**Citizens Advice online directory** [www.citizensadvice.org.uk/benefits](http://www.citizensadvice.org.uk/benefits)

Money worries can affect your mental health.

**Mind** can help: [www.mind.org.uk](http://www.mind.org.uk)

