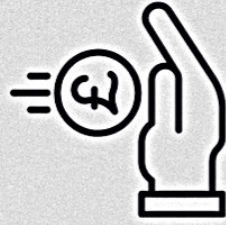


I need help with.....



DEBT



Is support available from the company or service you owe money to?

Have you tried accessing support online or on the phone like Step Change or Citizen's Advice?



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

WHAT LOCAL SUPPORT IS AVAILABLE?

Citizens Advice - for local branch information check their website: www.citizensadvice.org.uk
East Sussex County Council Cost of Living support: www.eastsussex.gov.uk/community/cost-of-living-support
Wave Community Bank 0300 303 3188 www.wavecb.org.uk

WHAT NATIONAL SUPPORT IS AVAILABLE?

Step Change 0800 138 1111 Free and impartial debt advice
National Debtline 0808 808 4000 Free advice and support
Citizens Advice 0800 144 8848
Citizens Advice online directory www.citizensadvice.org.uk

Money worries can affect your mental health.
Mind can help: www.mind.org.uk

