

# Struggling with the cost of living crisis?

We're here for you

When:

Where

## For other help and support with the cost of living crisis:

- 👉 [camden.gov.uk/costofliving](https://camden.gov.uk/costofliving)
- 📞 020 7974 4444 (option 9)
- 📞 Call Citizens Advice Camden on 0808 278 7835
- 👉 The Camden Advice Network is a group of local organisations who provide free and independent advice. Find out more at [camden.gov.uk/CAN](https://camden.gov.uk/CAN)

## Find your nearest 'warm welcome' space



'Warm welcome' spaces are available across Camden where you can relax, meet up with others and get support with the cost of living crisis in a safe and warm space – including libraries, children's centres and community buildings. 👉 [camden.gov.uk/warmwelcome](https://camden.gov.uk/warmwelcome)



## Struggling with debt? Help is available

If you have debt, several organisations provide free, confidential advice and can help you understand your rights:

### StepChange

- 📞 0300 303 5300
- 👉 [stepchange.org](https://stepchange.org)

### Citizens Advice

- 👉 [citizensadvice.org.uk/debt-and-money/help-with-debt](https://citizensadvice.org.uk/debt-and-money/help-with-debt)

### Mary Ward Legal Centre

- 👉 [marywardlegal.org.uk](https://marywardlegal.org.uk)
- 📞 020 7269 5455

### Loan advice

⚠️ If you need to take out a loan, don't approach a loan shark or get a payday loan. Instead, consider credit unions or other ethical loan providers:

- 👉 [credit-union.coop](https://credit-union.coop)
- 📞 020 7561 1786
- @ [info@credit-union.coop](mailto:info@credit-union.coop)

## Help with energy bills

If you're in debt to your energy supplier, speak to them. They may be able to offer you a payment plan or a grant to help pay off energy debts. For more advice to reduce energy bills and energy consumption:

- 👉 [camden.gov.uk/energysavingtips](https://camden.gov.uk/energysavingtips)
- 📞 020 7974 4444 (option 9)
- @ [greencamden@camden.gov.uk](mailto:greencamden@camden.gov.uk)

## Cost of living crisis fund

If you're facing severe financial hardship, you may be eligible for a payment of up to £500 depending on your circumstances via the Council's Cost of Living Crisis Fund. To apply:

Contact an organisation in Camden Advice Network

- 👉 [camden.gov.uk/can](https://camden.gov.uk/can)

Call Citizens Advice Camden

- 📞 0808 278 7835

Visit our advice bus to apply in-person (see other side of leaflet for details)

- 👉 Find out more at [camden.gov.uk/COLCfund](https://camden.gov.uk/COLCfund)

## Support with food

- 👉 [findfood.camden.gov.uk](https://findfood.camden.gov.uk)
- @ [communityresponse@camden.gov.uk](mailto:communityresponse@camden.gov.uk)
- 📞 020 7974 4444 (option 9)
- 👉 [camden.gov.uk/access-food](https://camden.gov.uk/access-food)

## Mental health help and support

If you're feeling down, anxious or worried, you're not alone:

- 🗣️ Speak to your GP
- 👉 Visit [icope.nhs.uk](https://icope.nhs.uk)
- 📞 Call iCope on 020 3317 6670
- 👉 [camden.gov.uk/mental-health](https://camden.gov.uk/mental-health)

## Help finding a job or training

Good Work Camden provides free support and advice to help anyone who needs it to find a job or training. Register for free today.

- 👉 [camden.gov.uk/employment-support](https://camden.gov.uk/employment-support)
- @ [jobhub@camden.gov.uk](mailto:jobhub@camden.gov.uk)
- 📞 020 7974 1666