



It's OK to ask for help

Many people are worried or suffering financial hardship and 1 in 3 could be unemployed due to Covid19.

It's OK to ask for help.

A

Ask, Advice, Act

Help is out there – in this leaflet you will find information about support and advice available, covering everything from finance to food. Reach out to these organisations and they can support you. Take the first step by talking to friends and family.

S

Search for Support

Check the list in this leaflet and look online, or telephone for further support and resources. For more local information, please go to www.cravenc.gov.uk or contact Craven District Council on 01756 700 600 or contactus@cravenc.gov.uk

K

Kindness is Key

Feeling overwhelmed, depressed or perhaps at risk of abuse and need someone to talk to? Be kind to yourself and ask for help. If you have a neighbour, friend, or loved one who you think might be vulnerable or isolated please get in touch with them and see how you can help.



North Yorkshire
County Council



Emotional support & wellbeing

Your GP - They are there to help if you're worried and may be able to offer an emergency appointment.

First Response - If you are experiencing a mental health crisis ring First Response (an NHS service) on 01274 221181

Samaritans - They are not just for people in crisis, but for anyone who wants to talk about how they are feeling. It's free to call 116 123 from a landline or mobile 24/7. You can also email jo@samaritans.org or visit www.samaritans.org

Childline - free advice & support for anyone under 19. Phone 0800 1111 or visit www.childline.org.uk

IDAS - Comprehensive support & advice to victims & survivors of domestic abuse. Phone 03000 110110, email info@idas.org.uk or visit www.idas.org.uk

Mind - Advice & support to empower anyone experiencing a mental health problem. Phone 0300 123 3393 text 86463, email info@mind.org.uk or visit www.mind.org.uk

Anxiety UK - For support with anxiety. Phone 03444 775774, text 07537 416 905 or visit www.anxietyuk.org.uk

Grief and Loss Support Service - For anyone in Craven suffering any form of grief or loss, or those worried about losing someone. Phone 0808 1963833 or visit www.griefandlosswyh.co.uk

Safeguarding - If you are worried that a child or vulnerable adult might be suffering neglect or abuse call North Yorkshire County Council on 01609 780780 or visit www.northyorks.gov.uk/safeguarding for further advice. If someone is in immediate danger call the police on 999.

Carers Resource - If you are an unpaid carer and need emotional or practical help to enable you to cope, phone 01756 700888, email info@carersresource.org or visit www.carersresource.org

Help with bills, benefits, housing & employment advice



Skipton Food Bank - Gives food, toiletries and other essential items to anyone in emergency need in the Craven area. Phone 07856 080194 or visit www.skiptonfoodbank.org

Department for Work and Pensions (DWP) - The DWP has created a website around Universal Credit and COVID-19 which provides information on employment and benefits support with advice on housing, furlough, sick pay, self-employment, advice for employers, those already claiming and those making a new claim. Visit www.understandinguniversalcredit.gov.uk

Jobcentre Plus - If you are looking for employment advice visit www.jobhelp.campaign.gov.uk or contact Skipton Jobcentre Plus to find out what support they can offer. For new claims phone 0800 055 6688, for existing claims call 0800 169 0310, and for queries about Universal Credit call 0800 328 9344 or email skipton.cvservice@dwp.gov.uk

Help with Council Tax & Housing Benefit - If you are struggling to pay your Council Tax, there is support available and Craven District Council can help you. We encourage anyone who is struggling to contact us at contactus@cravencd.gov.uk or call 01756 700 600 so that we can ensure that you are getting all of the support that you are entitled to.

Housing & Homelessness - If you are having difficulty managing your tenancy or housing costs, the Craven District Council Housing Options Team can provide advice. If you are an owner-occupier in difficulty with your mortgage you may be able to apply for an interest free secured loan through the Breathing Space scheme. For further details contact the Housing Options team: phone 01756 706 475 or email housing@cravencd.gov.uk

Turn over for more support with bills, benefits, housing & employment

More help with bills, benefits, housing & employment advice



Citizens Advice - Provides a range of advice on topics including employment issues, consumer problems, rent/landlord/housing issues on their national website, www.citizensadvice.org.uk. You can also contact your local Citizens Advice office on 01756 457222 or email via www.cachd.org.uk/email

Shelter - Get confidential advice on housing, welfare benefits and debt management. Contact 0808 8004444 or visit www.shelter.org.uk

National Debtline - A charity that gives free and independent advice. Phone 0808 808 4000 or visit www.nationaldebtline.org.

Christians Against Poverty (CAP) - A charity offering free debt help to people from all backgrounds. For more information on this free service go to www.CAPUK.org. To book a free appointment phone 0800 328 0006 or email your local Debt Centre Manager, Ruth Howard-Birt at ruthhoward-birt@capuk.org

Shelter - Get confidential advice on housing, welfare benefits and debt management. Contact 0808 8004444 or visit www.england.shelter.org.uk

Leeds Credit Union - Provides weekly savings tips, budgeting solutions, low cost loans (rates from 3.9%) and savings accounts. Visit www.leedscreditunion.co.uk

ACAS - Provides free and impartial advice on employment law and rights, workplace relations, best practice and policies to employers, employees and their representatives. Visit www.acas.org.uk or phone the helpline on 0300 123 1100.

