Debt, Money, Benefits & Housing Advice

Support with Money Worries and Housing

Money worries can affect how we feel, and mental health difficulties can also make it harder to manage money.
With the rising cost of living, many people experience increased stress, anxiety, or panic about finances.

Getting support early can help prevent problems from becoming overwhelming. You are not alone, and help is available.

Why Getting Help Matters

- Money stress can affect sleep, mood, and overall wellbeing
- Support can help you understand your options
- Advice can prevent debts and housing issues from getting worse
- Many services offer **free, confidential help**

Useful Support Services

Money, Debt & Benefits Advice

Citizens Advice Bureau
Provides free, confidential advice on money, benefits, debt, housing, and legal issues.

https://www.citizensadvice.org.uk/

361 Energy
Free advice to help with energy bills and improving energy efficiency at home.
https://361energy.org/

National Debt Line
Free, confidential debt advice.

0808 808 4000
https://nationaldebtline.org/

Wisermoney

Support for people on low incomes who are experiencing or at risk of financial hardship and exclusion.

https://www.wisermoney.org.uk/

Employment Support

Barnstaple Jobcentre Plus

Personal advisers can help with:

- Job searching
- CVs and applications
- Benefit claims

https://www.jobcentreguide.co.uk/barnstaple-jobcentre

Housing Advice & Support

Devon Home Choice

Helps you look for council and housing association homes.
https://www.devonhomechoice.com/

Freedom Centre

An open-access day centre offering support and supported housing accommodation.

https://freedomcommunityalliance.org.uk/

Homeless or at Risk of Homelessness

If you are homeless or worried about becoming homeless, support is available.
Homelessness | North Devon Council

Remember

- Asking for help is a positive step
- Support services are free and confidential
- Getting advice early can reduce stress and protect your wellbeing

If you feel overwhelmed, consider speaking to **The Wellbeing Team.**