# Help through Hardship helpline

<https://www.trusselltrust.org/get-help/>

**If you’re worried about money and struggling to afford essentials, call our free helpline for personalised support.**

Our friendly advisers can help you get the support you need if you’re struggling to afford essentials like food, heating and toiletries. We can advise which benefits you’re entitled to, guide you through any claims, and help you with emergency issues.

If you’re feeling overwhelmed or struggling to cope, we can also transfer you to [Mind’s Infoline](https://www.trusselltrust.org/get-help/help-through-hardship-helpline/#mind). Their advisers will provide support and information to help you take care of your wellbeing.

### Call now: [0808 2082138](tel:08082082138)

Lines open Monday to Friday, 9am to 5pm. Closed on public holidays.

### What is the Help through Hardship helpline?

The Help through Hardship helpline is a free phone service delivered in partnership with Citizens Advice. Our friendly advisers have already helped thousands of people who are worried about money and are here to help you access the support you need.

### How it works

We’ll ask about your circumstances so we can understand your situation and support your wellbeing. We can help you get the support you need if you’re struggling to afford essentials like food, heating and toiletries. If you, or someone you know, is struggling with money, we can help.

### We can:

* Assess which benefits you may be entitled to
* Help you with benefits claims
* Identify any grants you may be able to get
* Help you access emergency support if you can’t afford the essentials
* Transfer you to Mind’s Infoline for mental health information and support

If you’re experiencing hardship, you’re not alone. We’ll work with you to help you find a way forward.

Call our free, confidential helpline on [**0808 2082138**](tel:08082082138) to speak to a friendly adviser.

Open Monday to Friday 9am-5pm. Closed on public holidays.

If you live in England or Wales, you can access the service. If you live in Scotland or Northern Ireland, [see other ways to get help](https://www.trusselltrust.org/get-help/).

**Translators and Relay UK**  
Please ask the adviser if you need an interpreter, this will be provided via Language Line. If you can’t hear or speak on the phone you can use Relay UK. [Find out how to use Relay UK](https://www.relayuk.bt.com/how-to-use-relay-uk.html)

**Mind**

Mind is a charity fighting for mental health. It provides advice and support to anyone struggling with their mental health. And it campaigns to improve services, raise awareness and promote understanding. Mind’s Infoline provides an information and signposting service. You can ask them about mental health problems, where to get help near you, treatment options and advocacy services.