

Struggling
to pay
bills?

Debt
getting on
top of
you?

Worried
about
money?

Don't let **debt**
get you down



Access **free** cost of living, debt and
mental health support and lighten your load:

**Avoid borrowing from high cost lenders
which can lead you in to further debt.**

Ask Lion (City residents):
www.asklion.co.uk/money

Notts Help Yourself (County residents):
[Nottshelpyourself | Listings in Help with
money, benefits and debts](#)

Free debt advice and support from
StepChange online, via webchat or by
phone 0800 138 1111 &
www.stepchange.org

Free resources and debt health check
www.mentalhealthandmoneyadvice.org

National Debt line: chat online, access
their digital advice tool and phone
0800 808 4000 & nationaldebtline.org

Free money advice from MoneyHelper:
0800 138 7777 &
www.moneyhelper.org.uk

Free advice from the DebtAdvice
Foundation via webchat or by phone
0800 043 4050 &
www.debtadvicefoundation.org

Free advice from MoneyHelper via
phone, webchat, WhatsApp or online:
0800 138 7777 &
www.moneyhelper.org.uk

**Or, you can speak to your Local
Credit Union:**

Notts and Lincs Credit Union
0330 004 0842

Bassetlaw 2Shires Credit Union
01909 500575

Do you need gambling support?

National Gambling Support Network: 0808 8020 1333 (Live chat, WhatsApp or free of charge
helpline) East Midlands NHS gambling clinic - www.eastmidlandsgambling.nhs.uk