Financial Worries?

February 2022

Money Advice and Rights Local Services

RENFREWSHIRE

Money Advice in Renfrewshire

Open Mon-Thurs 8.45am-4.45pm, Fri 8.45am- 3.55pm Call **0300 300 1238 t**o make a telephone or video appointment or email **adviceworks@renfrewshire.gov.uk**

EAST RENFREWSHIRE

Money Advice and Rights Team

Offer free, expert and confidential advice about debt, benefits and appeals. They can help with benefit applications and appeals to make sure you have your income maximised

EAST DUNBARTONSHIRE

Income Maximisation Service

Provides free confidential advice if you are experiencing any financial worries or hardships. Call **0141 775 3220** open until 7pm Mon-Thurs

WEST DUNBARTONSHIRE

Benefit and Money Advice

This is a free and confidential service to all residents and WDC staff. Call **(01389) 738296** Mon-Thurs 8.45am to 4.45pm and Friday 8.45am to 3.55pm

GLASGOW CITY

Welfare Rights and Debt Advice

Available to those who receive a service from Social Work

Glasgow Advice and Information Network

Provide advice on a wide range of financial issues including debt, money management, benefits advice, and housing issues. Call **0808 8011011** Mon-Fri 9am-6pm

INVERCLYDE

Inverclyde Life

Provide free, independent money advice for all Inverclyde residents regardless of age, background or status.
Open Mon- Fri Call **01475 729 239** or email **finfitteam@yahoo.co.uk** to make an appointment

National Debt Advice

Money Support Scotland

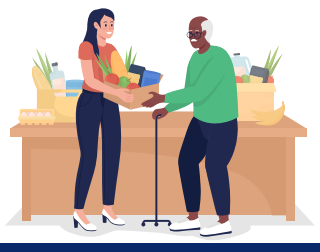
The Scottish Government's multimedia campaign running until March 2022 to help support the newly financially vulnerable, and those whose financial struggles have worsened during the pandemic

National Debt Helpline: Call **0808 808 4000**, Monday to Friday 9am-8pm and Saturday 9:30am - 1pm

Fuel and Food Supports

Home Heating Advice

Working in partnership with the Scottish Government to deliver the second iteration of the Home Heating Support Fund for Scottish households struggling with energy costs



The Trussel Trust

Food banks provide the best possible emergency food and support to people in crisis**.** Find out what foodbanks are available in your local area

Further Information and Resources

NHSGGC Money Advice: useful information for staff to help raise the issue of money with patients and supports available

Mental Health and Debt Booklet : downloadable resource for people with mental health problems and those caring for them

Mental Health and Money Advice: Clear, practical advice and support for people experiencing issues with mental health and money

NHS Inform Problem Gambling: useful information on signs, effects and causes of problem gambling and supports available

Prepared by Michelle Guthrie on behalf of NHSGGC Mental Health Improvement Team Feb 2022