

Help For You

Everyone struggles with money worries at some time or another but sometimes it can feel overwhelming and can affect your health. When it feels like this talking to someone who can help makes a huge difference.

Knowing where to go for information and advice is important. NHS staff can refer you to money advice services, talk to a member of staff if you would like this.

This card is designed to point you in the right direction for money and debt advice as well as entitlements you may be due.

The Money Advice Service

Having a family can mean that staying in control of finances can be a challenge. On this site you'll find lots of information, resources and calculators to help you plan, budget and save

www.moneyadviceservice.org.uk

National Debt Line

0808 808 4000

The helpline that provides free confidential and independent advice on how to deal with debt problems.

Healthy Start

www.healthystart.nhs.uk

If you qualify you can get free vouchers every week, you can use these to buy milk, fresh or frozen fruit and vegetables and infant formula milk. You can also get free vitamins.

Helpline: 0845 607 6823

The cost of credit varies enormously from one lender to another so it's useful to be aware of this. The information below highlights just how costly borrowing from some lenders can be.

If you borrow £300 over a year, you pay much less back with Credit Unions . With the Credit Union, you would pay back £320; with a doorstep lender £495; a High St Money Shop £884 and with Loan Sharks you would pay back £3000.

www.scottishcu.org

This website focuses on the considerable financial benefits people enjoy as a result of becoming a member of a credit union.

You can contact the Scottish League of Credit Unions on 0141 774 5020 as regards where your local credit unions are.

You too can enjoy these benefits by joining one or more of the credit unions in the NHS Greater and Glasgow Clyde area today

If you don't have a bank account, there are services that can help

Grand Central Savings

www.grandcentralsavings.org.uk

Provides safe and accessible access to those who are unbanked. It has branches in:

Glasgow:

Unit 4, 15 Carlton Street, G5 9JP

Tel: 0141 418 2290

Greenock:

30 Nicolson Street, PA15 1UL

Tel: 01475 884 380

In Glasgow, SCOTCASH provides affordable loans, savings accounts, while goods provision, bank accounts and money advice.

Scotcash

www.scotcash.net

Glasgow: 55 High Street, G1 1LX

Tel: 0141 276 0525

Breathing Space

A confidential phone line you can call if you're feeling down

0800 83 85 87

6pm-2am Mon-Thurs

6pm Friday - 6am Monday (24hrs)

Domestic Abuse

24hr helpline 0800 027 1234

Sexual violence /Survivors of Childhood Sexual Assault

Rape Crisis Scotland

Helpline: 08088 01 03 02

(Daily 6pm-12midnight)

Support for male victims

Men's Advice line

Tel: 0808 801 0327

www.mensadvice.org.uk

Childline 0800 11 11

18yrs and under

Your Local Money Advice Services
