

Financial Inclusion and Mental Health

Money Advice and Rights Local Services

[click on hyperlinks below](#)

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.

RENFREWSHIRE

Advice Works

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

GLASGOW CITY

Glasgow Advice and Information Network

Provide advice on a range of financial issues including debt, money management, benefits advice and housing issues. For free advice call **0808 801 1011** Mon - Fri 9am - 6pm. Free Universal Credit Advice Helpline **0808 169 9901** Mon - Fri 8am - 6pm.

Your Support Your Way

Provides information on welfare rights, benefits, debt advice and more.

INVERCLYDE

Financial Fitness

Provide free, independent money advice for all Inverclyde residents regardless of age, background or status. Call **01475 729239** or email finfitteam@yahoo.co.uk Open Mon-Fri.

WEST DUNBARTONSHIRE

Working 4 U

Is a free and confidential service to all residents and WDC staff. You can call **01389 738296** Mon to Thurs, 8.45am to 4.45pm, Friday, 8.45am to 3.55pm, email working4u@west-dunbarton.gov.uk or complete the [online referral form](#).

EAST RENFREWSHIRE

Money Advice and Rights Team

Offer free, expert and confidential advice about debt, benefits and appeals. Can help with benefit applications and appeals to make sure you have your income maximised. Contact via online form [here](#).

Information and Resources

[Click on images to download information](#)



Provides useful money advice information for staff to help raise the issue of money with patients and supports available.

KIDS provides financial support and advice for parents and carers.



Provides a range of advice for patients on money and debt.

Cost of Living Support

Check what support you can get with debt and money advice.



Mental Health and Debt Booklet



A downloadable resource for people with mental health problems and those caring for them.

Can help, with free and confidential advice and work with specialist organisations who are experts in dealing with the challenges of daily life.



Helplines

NATIONAL DEBTLINE

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



Freephone: **0800 028 1456** (Mon - Fri 8am - 6pm) for help with housing, benefits, debt and consumer issues such as energy bills.

Breathing Space
Open up when you're feeling down

For anyone in Scotland over the age of 16, feeling low, anxious or depressed. Call free on **0800 83 85 87**. Mon-Thurs 6pm to 2am, Fri 6pm-Mon 6am.

TALK TO US
If things are getting to you
116 123 FREE
SAMARITANS

Call any time, day or night. Whatever you're going through, you can call any time, from any phone for FREE, **116 123**.



Phone **111** if you are feeling distressed, in a state of despair, suicidal, in need of emotional support and asked to be put through to the Mental Health Hub.