


















### Get help with money

	Citizens Advice	0300 3309 044	<a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a>
	Universal Credit	0800 328 5644	<a href="http://www.gov.uk/universal-credit">www.gov.uk/universal-credit</a>
	Housing / Financial Advice	0121 453 0606	<a href="http://www.theprojectbirmingham.org">www.theprojectbirmingham.org</a>
	Dudley Council Housing	01384 814154	<a href="http://www.dudley.gov.uk">www.dudley.gov.uk</a>
	Dudley Council Loss of Income	0300 555 0010	<a href="http://www.dudley.gov.uk">www.dudley.gov.uk</a>

### Get help with food

	The Trussell Trust, get a referral	01722 580 180	<a href="http://www.trusselltrust.org">www.trusselltrust.org</a>
	Black Country Food Bank	01384 671250	
	Smethwick Food Bank	0121 517 0141	
	Birmingham Central Food Bank	0121 236 2997	
	Salma Food Bank	07767 164246	
	B30 Food Bank	07582 143972	
	Spear Head Trust	0121 433 3532	

### Get help with mental health / safeguarding

	Samaritans	116 123	<a href="http://www.samaritans.org">www.samaritans.org</a>
	NSPCC	0808 800 5000	<a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>
	Birmingham Women's Aid	0808 800 0028	<a href="http://www.bswaid.org">www.bswaid.org</a>
	Anxiety UK	0344 775774	<a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a>
	Black Country Women's Aid	01384 455 411 Out of hours 0121 552 6484	<a href="http://www.blackcountrywomensaid.co.uk">www.blackcountrywomensaid.co.uk</a>