

Help to manage the cost of living

HertsHelp

Trained advisors offering free, confidential advice on local services and support

Call: 0300 123 4044
Email: info@hertshelp.net
www.hertshelp.net

Community spaces

Find a community space near you, locations all across Hertfordshire

[www.hertfordshire.gov.uk/
communityspaces](http://www.hertfordshire.gov.uk/communityspaces)

Mental health

Advice and support for your happiness, wellbeing and mental health

[www.hertfordshire.gov.uk/
mentalhealth](http://www.hertfordshire.gov.uk/mentalhealth)

Money and benefits advice

Free guides on debt and benefits, disability, bereavement, housing, retirement and carer support

[www.hertfordshire.gov.uk/
moneyadvice](http://www.hertfordshire.gov.uk/moneyadvice)

Citizens Advice

Free, local and confidential advice on benefits, money and credit problems, employment, housing and family issues

Call: 0800 144 8848

Help for households

Central government is offering support with energy bills, transport, childcare and household costs

[www.helpforhouseholds.
campaign.gov.uk](http://www.helpforhouseholds.campaign.gov.uk)

We're
with you
this winter

See all of the support, advice and services available to help you stay safe and well. Visit: www.hertfordshire.gov.uk/winter-help

