

# Debt – don't let it get you down

At this time of year people can be under extra financial strain and find their debts are beginning to grow. It can lead onto problems if you're finding it hard to repay.

There is plenty of good advice around to help put you in control of your finances and help you to work out your options to deal with your debts.

**National Debtline** – Free specialist advice. Tel: **0808 808 4000**

**StepChange Debt Charity** – Free debt advice and free debt management. Tel: **0800 138 1111** or visit StepChange Debt Remedy – their anonymous, online debt counselling service **[www.nationaldebtline.org](http://www.nationaldebtline.org)**

**Payplan** – Free debt management service and advice guides on budgeting and alternative debt solutions. Tel: **0800 280 2816** or **0207 760 8980**.

**Rethink Advice Service** – Tel: **0300 5000 927**

**The Citizen's Advice Bureau** has an online service **[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)**

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The Grenfell NHS Outreach Team is open every day, including Christmas and New Year, from 9am to 8pm, and at night from 10pm to 7am.

**They can be called on 020 8962 4393.**

