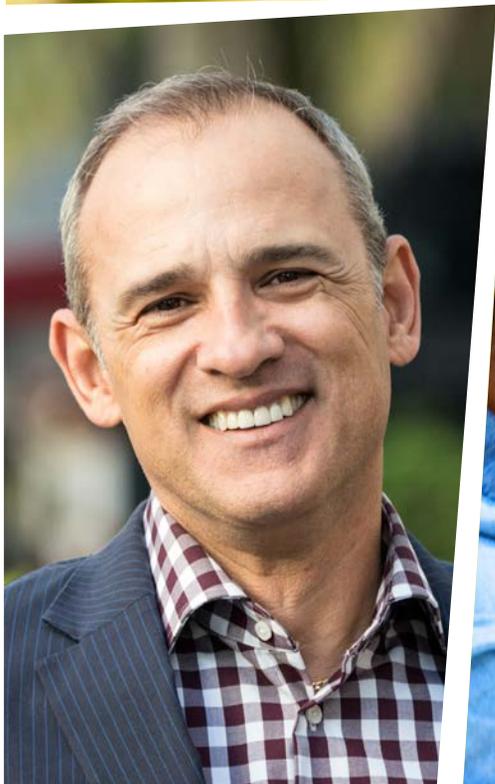


The Charity for  
Civil Servants

for you

by you

Helping You  
Our Services



# We are

The Charity for Civil Servants.

We support **all** civil servants,

**past and present,**  
throughout their lives, with

**whatever**  
problems they may have.

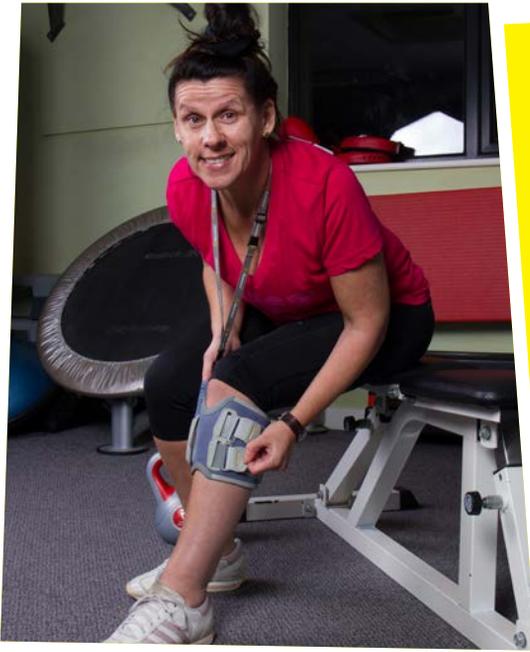
You'd be surprised with what we deal with everyday,  
so just get in touch.

Freephone **0800 056 2424**  
[www.foryoubyyou.org.uk](http://www.foryoubyyou.org.uk)

## Financial Support



If you are experiencing financial difficulties because of an unexpected need, or if circumstances are making it particularly difficult to manage, we may be able to offer financial help.



**“It feels amazing to be able to go for a walk with my children... The support you gave me has turned my life around. I feel free again.”**

**Marie,  
MoD**

**“I’d heard about the Charity years ago... I wouldn’t have the hope I do now if the Charity hadn’t been there in my time of need.”**

**James,  
NI Water**



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"I always thought I'd be okay financially, but after my partner was made redundant we went through our savings quicker than we expected.

"Now the **debts** are really mounting. My partner is struggling to find work and this is putting strain on our **relationship**.

"It's become a vicious circle and I'm worried about a relapse of my **depression**."

"I've been **caring** for my father for several years, but recently things took a turn for the worse and it meant I had to reduce my hours at work. Unfortunately the cost of his care has also gone up.

"He requires specialist equipment but my **finances** are stretched to the limit.

"The whole situation is starting to take its toll and I'm worried I may have to go on unpaid sick leave because of the **stress**."

## Money Advice

We can provide you with advice about debt or budgeting. We offer this advice along with our partners, aiming to prevent the continuing cycle of debt.

## Relationships

Our partnership with Relate allows you to discuss any relationship problems you may be experiencing with a qualified Relate counsellor.

## Caring

We may be able to help with some of the costs associated with your caring. If you're a serving civil servant we offer a Carer's Passport, a document to help better communicate your caring responsibilities to your manager.

## Mental Health

We can offer you a supportive conversation and identify the most appropriate service and help.

# The Charity for Civil Servants

for you  
by you

## We can also help with:

- Bereavement
- Residential care
- Dementia
- Long-term illness
- Emergencies

## How to contact us

**Tel: 020 8240 2400**

**By post:** The Charity for Civil Servants, 5 Anne  
Boleyn's Walk, Cheam, Sutton, SM3 8DY

## Freephone

**0800 056 2424**

**visit [www.foryoubyyou.org.uk](http://www.foryoubyyou.org.uk)**