

# Stressed or struggling?

One free call could change your life...



**citizens  
advice**

**County  
Durham**

Ask reception to put you in touch with the **Healthier & Wealthier** team.

We'll call you back for free and give you advice to help with your problem.



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# Healthier & Wealthier can help with:

- Benefits and tax credits
- Debt and money problems
- Housing and landlords
- Problems at work
- Energy costs



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# Healthier & Wealthier can help with:

- Relationships, caring & bereavement
- Legal matters and discrimination
- Consumer issues

...and much more



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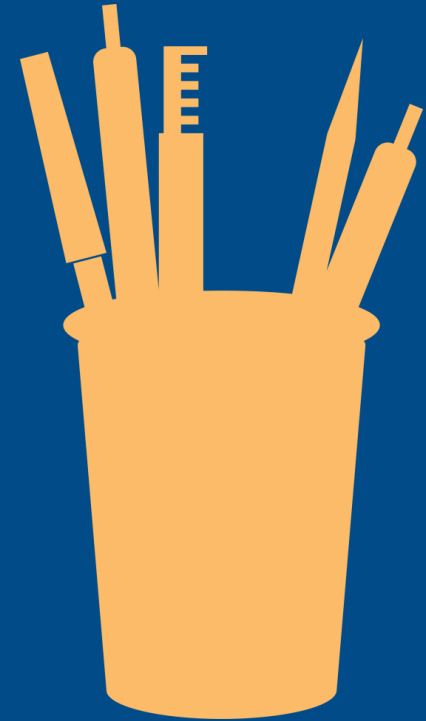
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# Thinking of applying for benefits?

We'll help you get it right.

You *might not* need new medical evidence from the GP.



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**Healthier & Wealthier** service.

# Worried about changes to your benefits?

We'll give you the facts, budgeting and debt advice, and help if you need to challenge a decision.



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# Debt problems stressing you out?

We'll give you step-by-step advice, and put you in touch with our debt specialists if you need them.



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# New caring responsibilities?

We can check you're getting all the help you're entitled to, and put you in touch with support in your community.



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Supported by



# New diagnosis turned your world upside down?

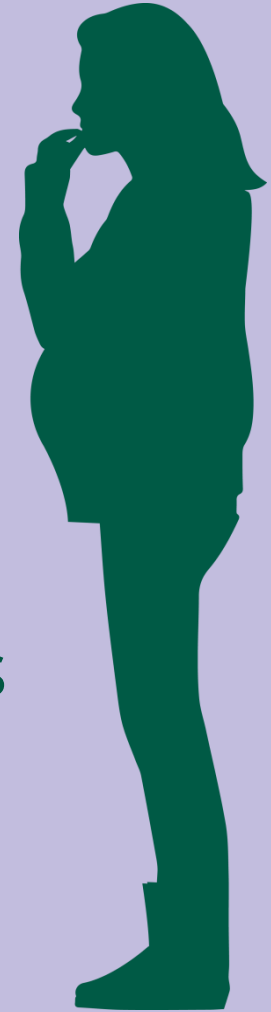
We'll help you with your benefits entitlement, money problems, caring, and finding support and pensions advice.



Ask reception about the **Healthier & Wealthier** service.

# Worried about work?

If you feel you're being treated unfairly, we'll help you understand your rights, negotiate with employers and find legal support you can trust.



Ask reception about the **Healthier & Wealthier** service.

# Recently bereaved or separated?

We'll give advice on practical matters including money, housing, benefits entitlement and your new rights and responsibilities.



Ask reception about the **Healthier & Wealthier** service.

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# Problems with housing or landlords?

We'll help you understand your rights, responsibilities and entitlements and negotiate with landlords.



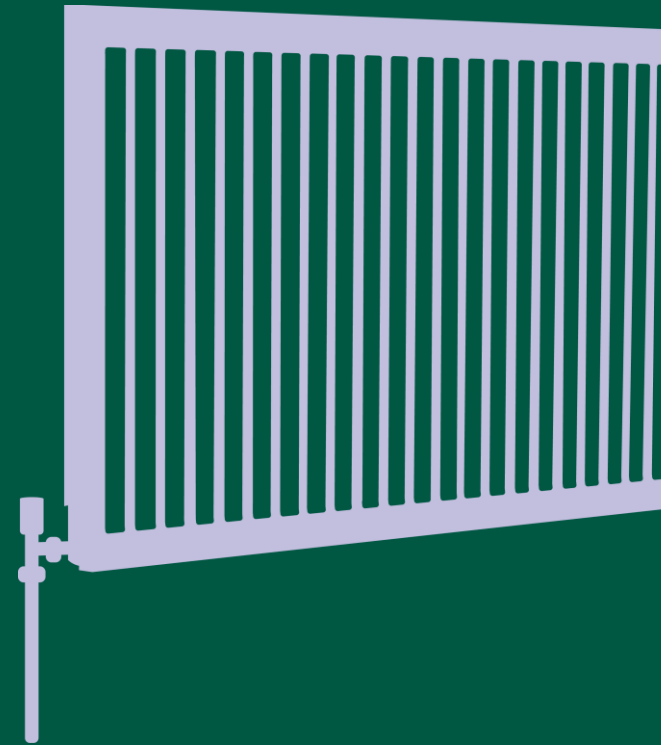
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# Can't afford your heating?

We'll show you how to get the best prices, and see if you're eligible for better heating and other help staying warm.



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# Stung by a dodgy deal?

We'll help you understand your rights if you're affected by consumer issues, lenders, landlords or tradespeople.



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