

Struggling to make ends meet?

You are not alone. Ask your GP practice to refer you to our **Healthier & Wealthier** service for help checking your **benefits** entitlement, applying for **grants** and **discounts**, dealing with **debts** and **energy** suppliers, maximising your **income** at work and reducing costs at home, and getting food and other help in emergencies.

You can also call **0300 323 1001** before 1pm Monday to Friday to request a free advice call.



**citizens
advice**

**County
Durham**