

Help and support for your family

- ? Do you need help with providing healthy food for your family and being more active?
- ? Are you worried about how you will pay your bills?
- ? Would you like help getting a job or to access some training?
- ? Are you worried about a child or adult, and not sure how to help?



To find help in Coventry you can:



Visit our website at www.coventry.gov.uk/cfid to find lots more information on activities for children



Call Coventry City Council freephone hotline number **08085 834 333**, available **Monday to Friday 9am - 5pm**



Use our online chat at www.coventry.gov.uk/costofliving



Out of Hours

Call the **Emergency Duty Team** on **024 7683 2222** if it's after 5pm and you're worried about the safety of a child or adult

Family Support

Family Hubs Here to Help
☎ **0800 887 0545** Freephone
www.coventry.gov.uk/applyearlyhelp
Help to all families with children 0-19 years (25 if SEND)

Domestic abuse and sexual violence

CRASAC
☎ **024 7627 7777**
www.crasac.org.uk

Safe to Talk helpline
☎ **0800 111 4998**
www.safetotalk.org.uk

Digital access and skills

#CovConnects aims to give all Coventry residents equal opportunities to access digital technologies, services and support in a way that helps them in their daily lives. www.coventry.gov.uk/cov-connects

Adult Mental Health

Mental Health Matters
☎ **0800 616 171**
www.mhm.org.uk/coventry-warwickshire-helpline

Samaritans
☎ **116 123** FREE from any phone
☎ **0330 094 5717**
local call charges apply
www.samaritans.org

Employment and training

The Job Shop
☎ **024 7678 5740**
✉ jobshop@coventry.gov.uk
www.coventry.gov.uk/jobshop

Family Health

Family Health and Lifestyle Service
☎ **02475 189 190**

Chat Health
☎ **07507 331949**

Rise Mental Health and Emotional Wellbeing Service (CWPT)
☎ **0300 200 2021**

Between 8am and 8pm

OR **24/7 Crisis Line**

For urgent calls and young people who are experiencing a mental health crisis contact the 24/7 Rise Crisis team on ☎ **08081 966798** option 2

kooth www.kooth.com

Kooth is a FREE online service offering emotional and mental support for children and young people



10 top tips to help with the cost of living

1 If you are working, check you are receiving the **national minimum wage**

2 If you are on a low income (in or out of work) check if you are entitled to **Universal credit** or receiving all benefits you could:
www.gov.uk/universal-credit

3 You can ask for money for essential items like food, clothing, fuel, and white goods. Apply for a **Household Support Fund (HSF)** by contacting 08085 834 333 or apply via www.coventry.gov.uk/householdsupportfund

4 Get help with paying your rent by applying for a Discretionary housing Payment (DHP) 024 7683 3773
www.coventry.gov.uk/benefits-1/discretionary-housing-payments

5 Look to see if you can apply for a Council Tax Support and ask for your Council Tax to spread over 12 months to reduce your monthly bill
www.coventry.gov.uk/benefits-1/housing-benefit-council-tax-support/3

6 **Become a member of one of the Social Supermarkets/Food Hubs** so you can get £20-25 worth of food for a £4 or £5 membership every week
letstalk.coventry.gov.uk/social-supermarkets

7 Get help with school uniform, school shoes and clothing at clothingcoventry.org

8 Contact your energy supplier if you are finding it hard to pay your bill. Also contact the Warm and Safe Homes Advice Line: 0800 304 7159, or Act on Energy 0800 988 2881

9 Emergency free food and support can be accessed through the **Coventry Food Banks**. Contact them on 024 7699 3770

10 **Get help with your water bill** by applying to the Big Difference Scheme with Severn Trent on 0345 7500 500

See what other help and support is available at www.coventry.gov.uk/costofliving



Citizens Advice Bureau

0800 144 8848

Debt Team direct line:
024 7625 2047

www.coventrycitizensadvice.org.uk

Coventry Independent Advice Service
024 7652 1101

www.covadvice.org.uk

P3 Housing Support
0808 196 2660
www.p3charity.org/services/coventry-families

Central England Law Centre
024 7622 3053
enquiries@
centralenglandlc.org.uk