

# Help to manage the cost of living

See all of the support, advice and services available to help you stay safe and well. Visit:  
[www.hertfordshire.gov.uk/winterhelp](http://www.hertfordshire.gov.uk/winterhelp),  
call 0300 123 4044 or scan the QR code

We're  
with you  
this winter



## HertsHelp

Trained advisors offering free, confidential advice on local services and support

Call: 0300 123 4044  
Email: [info@hertshelp.net](mailto:info@hertshelp.net)  
[www.hertshelp.net](http://www.hertshelp.net)

## Community spaces

Find a community space near you, locations all across Hertfordshire

[www.hertfordshire.gov.uk/communityspaces](http://www.hertfordshire.gov.uk/communityspaces)

## Mental health

Advice and support for your happiness, wellbeing and mental health

[www.hertfordshire.gov.uk/mentalhealth](http://www.hertfordshire.gov.uk/mentalhealth)

## Money and benefits advice

Free guides on debt and benefits, disability, bereavement, housing, retirement and carer support

[www.hertfordshire.gov.uk/moneyadvice](http://www.hertfordshire.gov.uk/moneyadvice)

## Citizens Advice

Free, local and confidential advice on benefits, money and credit problems, employment, housing and family issues

Call: 0800 144 8848

## Help for households

Central government is offering support with energy bills, transport, childcare and household costs

[www.helpforhouseholds.campaign.gov.uk](http://www.helpforhouseholds.campaign.gov.uk)

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