

Your rights
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Fact sheet 14: **Debt Helplines**

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| **CITIZENS ADVICE BUREAU** **-****Hillingdon**Telephone: 0344 848 7903(Calls cost 5p per minute from BT Landline)[www.hillingdoncab.org.uk](http://www.hillingdoncab.org.uk) | **DEBT FREE LONDON – DEBT ADVICE**EMAIL: dfl@hillingdoncab.org.uk |
| **MENTAL HEALTH MONEY ADVICE**Telephone: 01895 277304EMAIL: mentalhealth@hillingdoncab.org.uk | **NATIONAL DEBTLINE**Telephone: 0808 808 4000[www.nationaldebtline.org](http://www.nationaldebtline.org) |
| **STEPCHANGE**Telephone: 0800 138 1111Mon-Fri 8am-8pmSat 8am-4pm[www.stepchange.org](http://www.stepchange.org) | **ADVICE UK**Money & Debt AdviceTelephone: 0800 043 4050[www.debtadvicefoundation.org](http://www.debtadvicefoundation.org) |
| **PAYPLAN**[www.pay.plan.com/debtadvice](http://www.pay.plan.com/debtadvice) | **THE MONEY ADVICE SERVICE**Telephone: 0800 138 7777[www.moneyadviceservice.org.uk](http://www.moneyadviceservice.org.uk) |
| **THE MONEY CHARITY**[www.themoneycharity.org.uk](http://www.themoneycharity.org.uk) | **MY MONEY STEPS**[www.mymoneysteps.org](http://www.mymoneysteps.org) |

 **For more information about our services please contact us on:**

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Email:** **office@carerstrusthillingdon.org**

**Website:** [**www.carerstrusthillingdon.org**](http://www.carerstrusthillingdon.org)